Well-Being Tips for Yourself & Your Team

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THINGS TO REMEMBER for you
Make Room for the Swings
Terrible First Times

Brené Brown
Things Will Get Better
You Have Overcome Difficult Things Before
Get Up and Move
Focus on Today
Put limits on your news intake
Talk to Trusted Friends
THINGS TO REMEMBER

while leading your team
Prepare for Miscommunications
Over Communicate
We’re all coping differently.
Be generous in your interpretations.
Accept that your coworkers’ home lives are now relevant to you.
Look Out for Those Who Are Struggling
References

• In Stressful Times, Make Stress Work for You
• Brené on FFTs (podcast episode)
  https://brenebrown.com/podcast/brene-on-ffts/
• Optimizing Stress: An Integrated Intervention for Regulating Stress Responses
• Mission impossible: Being hopeful is good for you — and psychologists’ research is pinpointing ways to foster the feeling
  https://www.apa.org/monitor/2013/10/mission-impossible
• Social distancing comes with psychological fallout
• The psychological impact of quarantine and how to reduce it: rapid review of the evidence
  https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)30460-8/fulltext
• COVID-19 and Increasing Pandemic Anxiety
  How to Prevent Damage Caused by Social Isolation
• The psychological impact of negative TV news bulletins: The catastrophizing of personal worries
TODAY’S RESOURCES CAN BE FOUND AT:

SirsiDynix.com/Covid-19-Resources
Have you found success with messaging, programs, or outreach?

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Thank You!