

Well-Being Tips for Yourself & Your Team



Eric Keith
Chief Marketing Officer

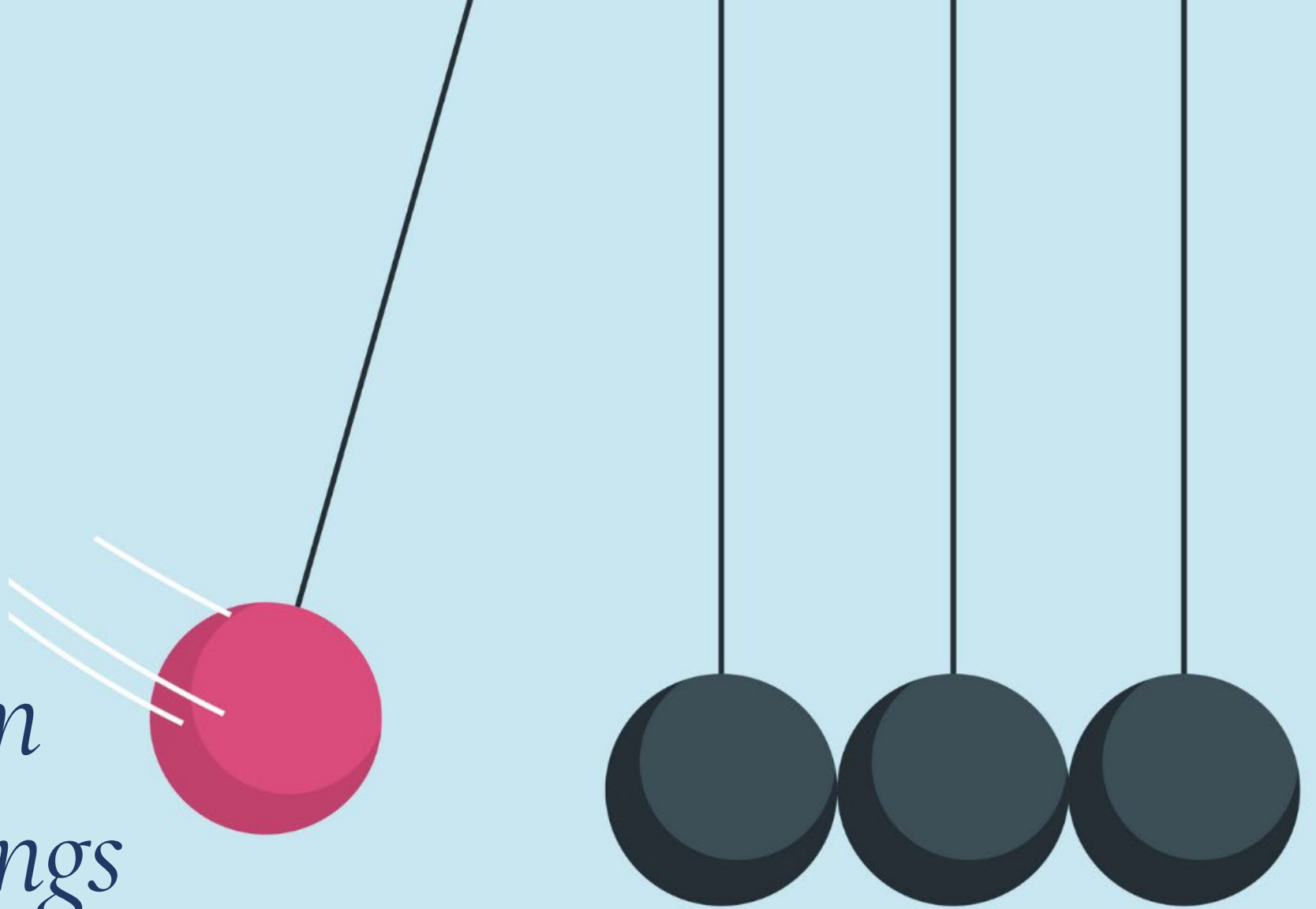


Robert Storer
Director of Marketing

WELL-BEING TIPS

*THINGS TO REMEMBER
for you*

*Make Room
for the Swings*





Terrible First Times

Brené Brown

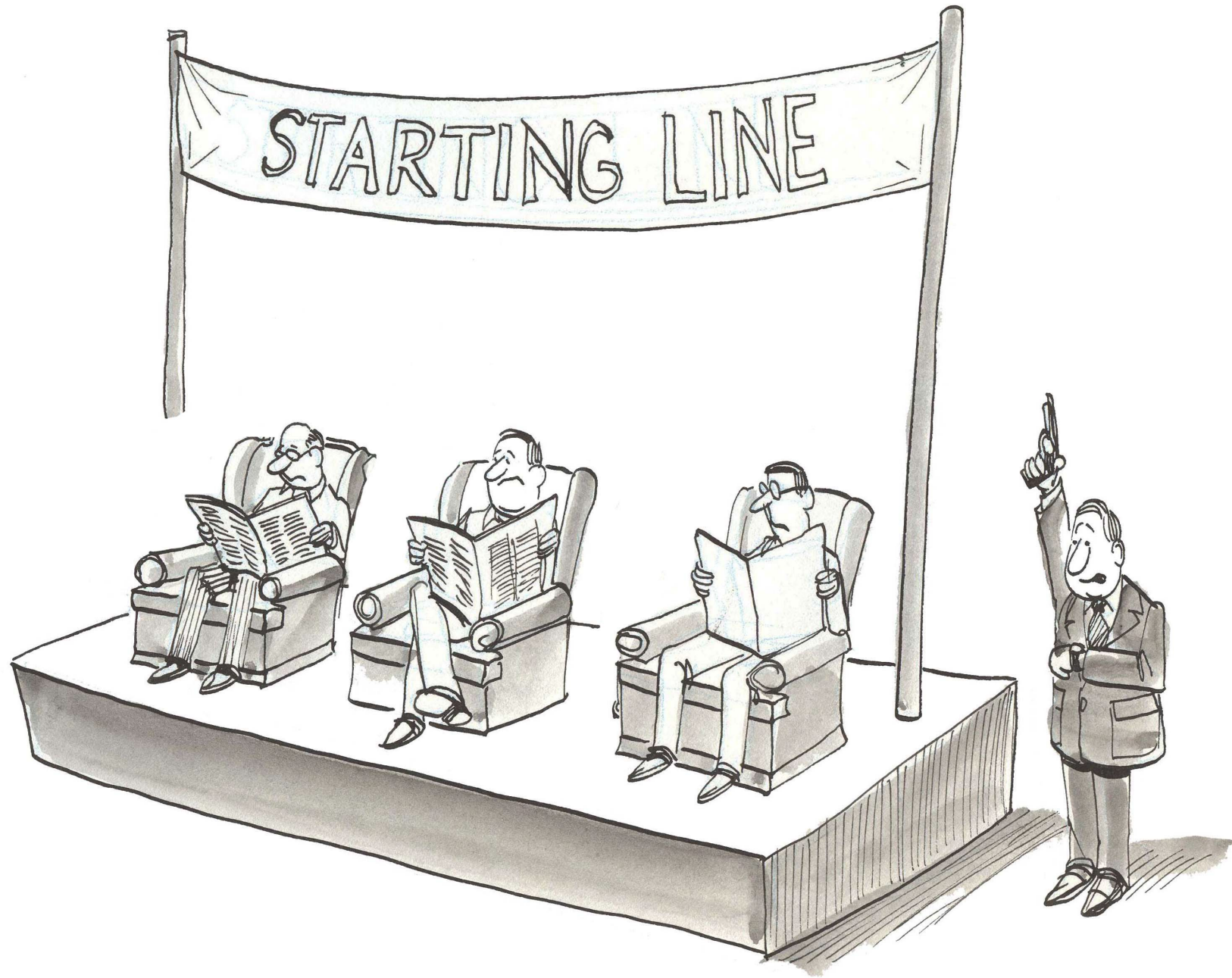
*Things Will
Get Better*





*You Have Overcome
Difficult Things Before*

*Get Up
and Move*



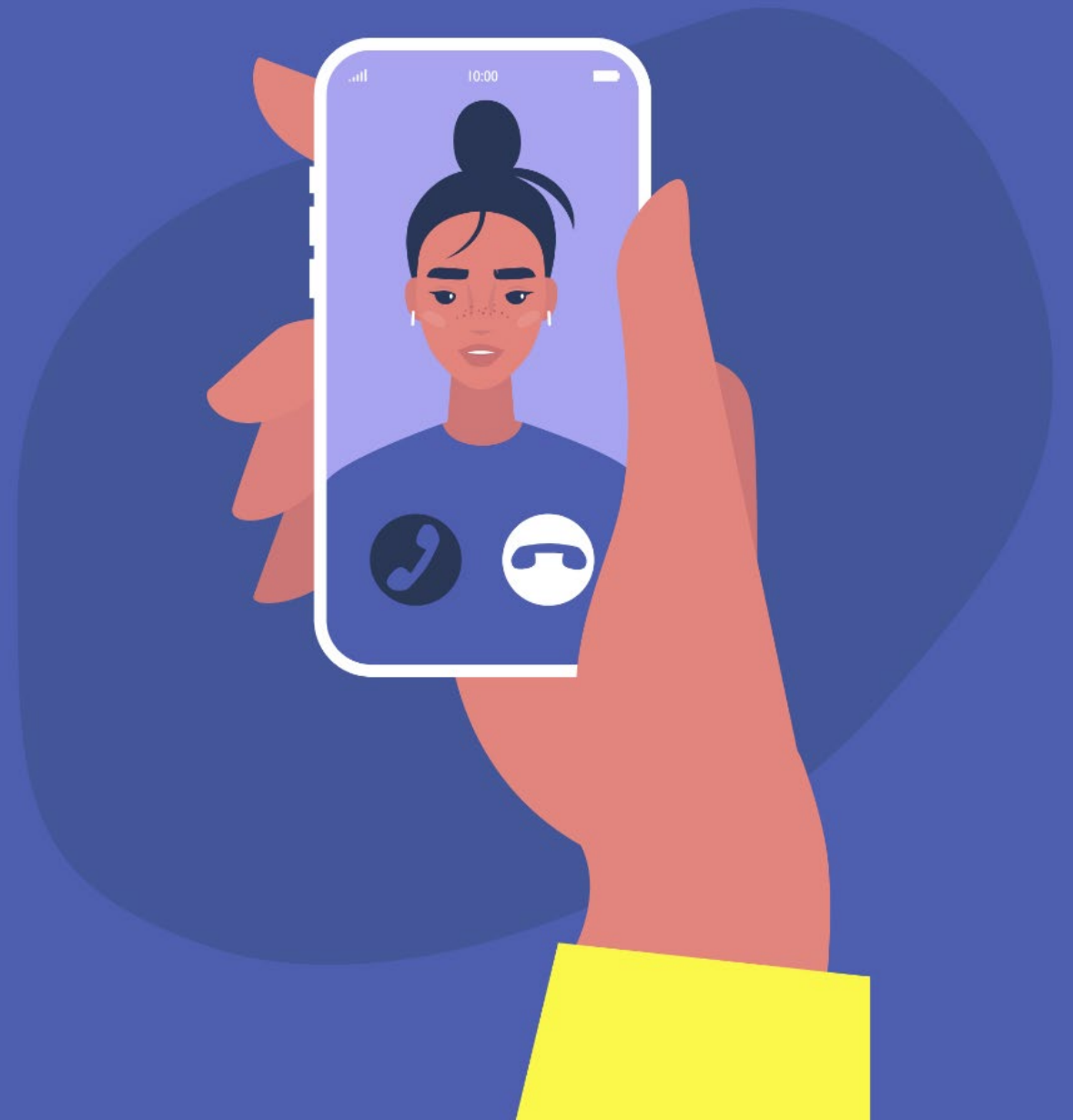
*Focus on
Today*



*Put limits on your
news intake*



*Talk to
Trusted Friends*



WELL-BEING TIPS

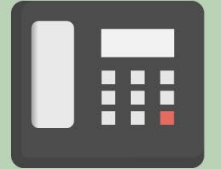
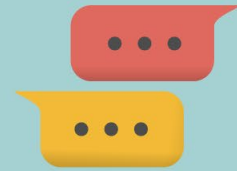
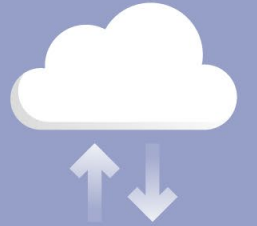
THINGS TO REMEMBER

while leading your team



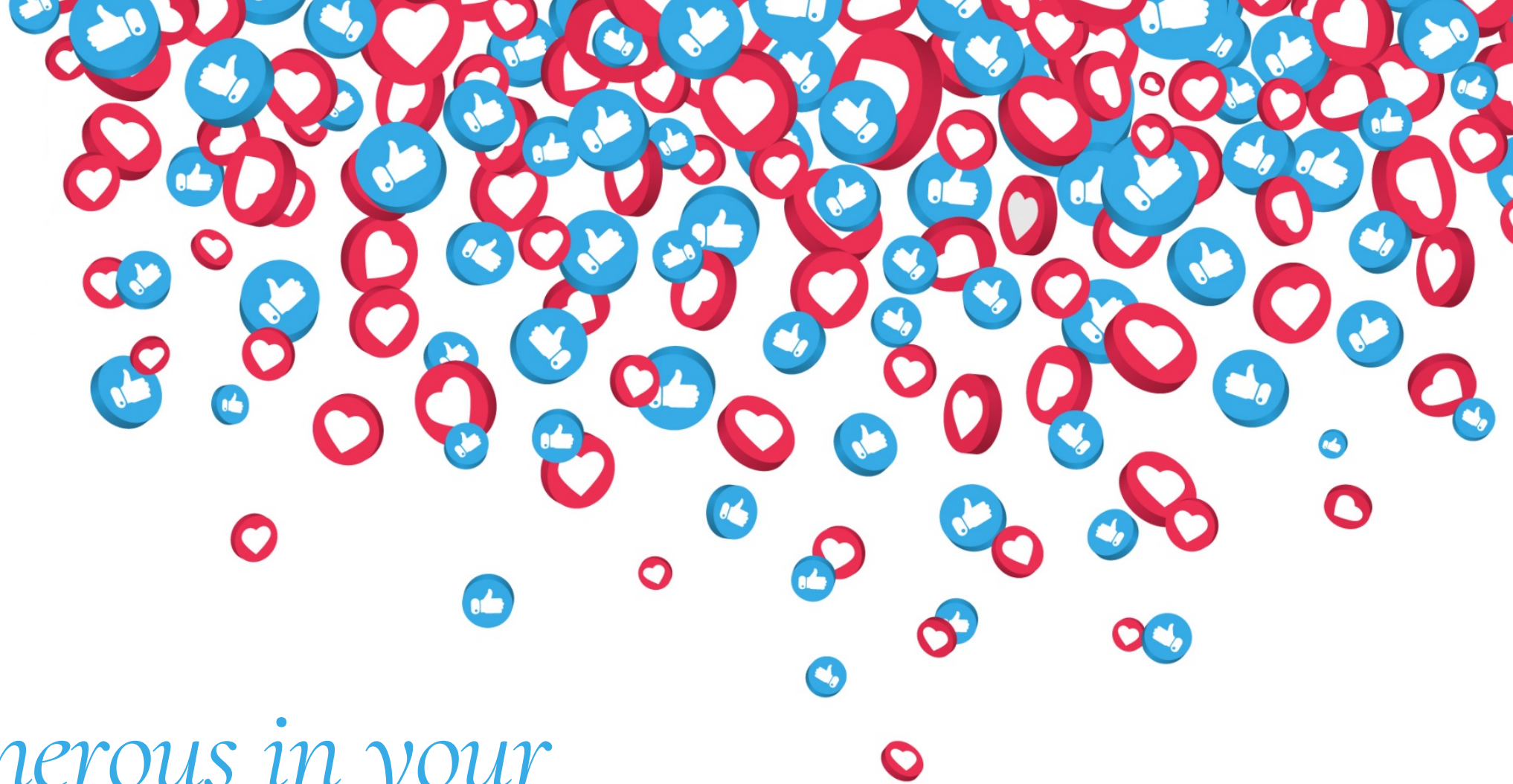
*Prepare for
Miscommunications*

*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*



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- The psychological impact of negative TV news bulletins: The catastrophizing of personal worries
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TODAY'S RESOURCES CAN BE FOUND AT:

SirsiDynix.com/Covid-19-Resources

*Have you found success with
messaging, programs, or
outreach?*



@SirsiDynix



Thank You!