

# Top tips for building personal resilience

Remploy

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## Use your strengths

Knowing your strengths allows you to use them where you can have the biggest impact! We feel better about ourselves when we are confident and competent. So look for opportunities to use your skills, perhaps in new areas of the business. A redeployment could be a great opportunity to showcase your existing strengths and to unlock new ones!

### Ideas:

- > Make a list of your skills
- > Ask friends and colleagues to tell you what you are good at
- > Note down what you are asked to help others with
- > Complete a personality questionnaire to identify strengths
- > Find ways to practice and use your strengths

To identify my strengths, I am going to ...

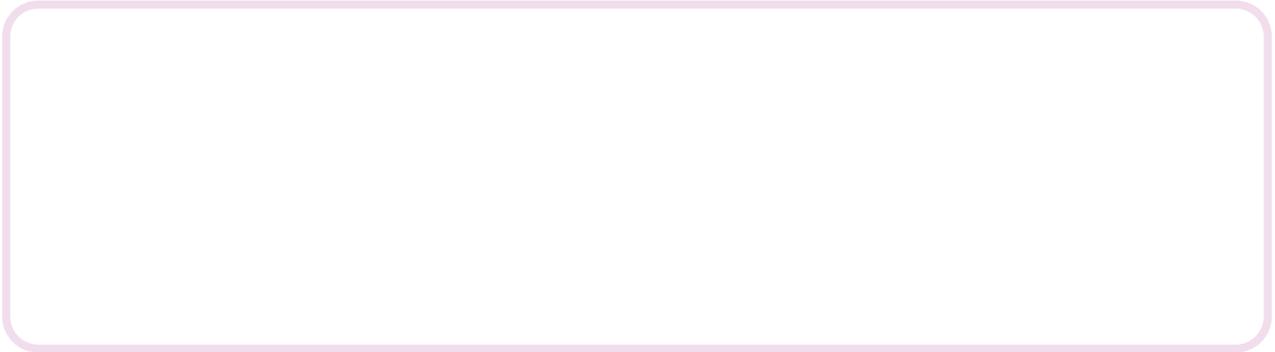
## Make the most of your energy and drive

Identify tasks that make you feel motivated, positive and productive - what activities do you really enjoy? Either do more of these or position these activities in your working day or week to when you need an energy boost.

## Ideas

- > Note down the work tasks make you feel energised and the tasks that drain your energy - think about how you plan these into your working week
- > What time of day you feel you have the most energy - use this to complete your most important work

To make the most of my energy and drive, I am going to ...



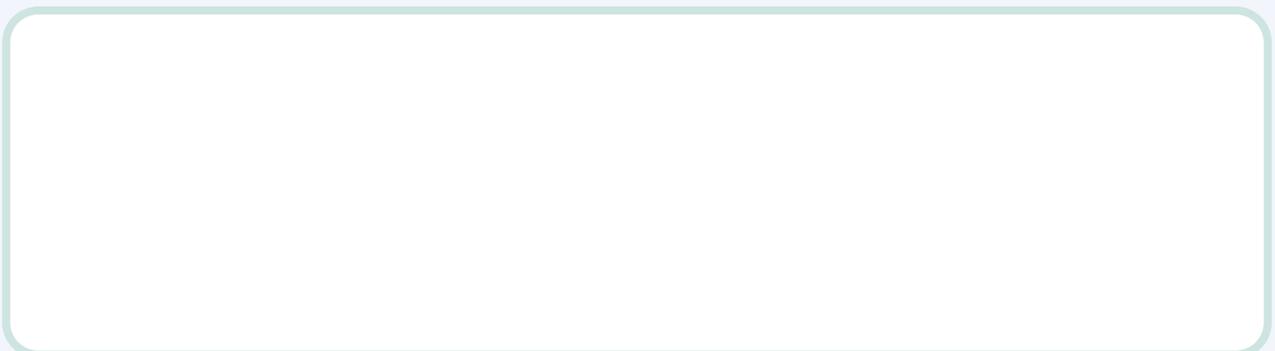
## Find your purpose

This is about reminding yourself why you do what you do. The recent coronavirus crisis has brought about a great deal of change so now, more than ever, we need to review and perhaps adapt our aims, goals and objectives to align with the way our business now needs to function. This renewed focus can also help us build motivation and provide us with further clarity on our purpose.

## Ideas

- > Reflect on why you joined the company and link your current work to those reasons
- > Note down your short, medium and long term goals
- > Check in with your manager about your current priorities and where they fit in the bigger picture
- > Create a visual planner of work tasks and projects

To find my purpose, I am going to ...



## Don't go it alone

Being isolated from your colleagues doesn't mean being alone! Yes, there can be additional challenges, so find a way to connect to your team to get the support you need - whether it is practical help, information and advice or emotional support. If you ever needed an excuse to reconnect with friends and family members, then this the time to pick up the phone and reach out.

### Ideas

- > Take advantage of available technology
- > Connect with friends, family and colleagues via apps such as Facetime, WhatsApp and Workplace
- > Keep checking in with your team with communication and collaboration platforms, and share your thoughts and feelings
- > Reach out to those friends to whom you've not spoken to for a while and make time to catch up!

To connect with colleagues, I am going to ...



## Appreciate the positives in the situation

Working remotely has a lot of positives – for instance, working without constant interruptions means we can get more done. We have more flexibility, which can help our work/life balance. Using the available technology also helps us to develop new skills and new ways of working which will help us in the future.

### Ideas

- > Set your workstation up according to your own preferences
- > If you're more productive during the early morning then start earlier if you wish
- > If you want to prepare the evening meal, do it.
- > Don't forget to take time out for yourself
- > Note down all the new things you learn in this new way of working or change of role

To make the most of working from home, I am going to ...

**Remember: resilience isn't a trait like being left-handed or having blue eyes - all of us can develop and improve our resilience if we take action now.**