

# Leadership Matters

## Special Edition - Wellbeing



COVID-19



Espressos



Nationwide Academy



Contact Us

## Welcome

to the Leadership Matters bulletin!

In this special edition of Leadership Matters we focus on wellbeing. Our lives are changing as a result of the pandemic and now more than ever it's important to take care of ourselves and others.

Down the right hand side you'll find links to our new wellbeing espressos, the wellbeing toolkit and HR Coronavirus guidance and information for leaders.

The Leadership Development Team

\*Over two decades ago, German author and illustrator Jutta Bauer published a timeless classic titled Selma, the Sheep.

It's a story about a sheep explaining what happiness is.

Selma gets up every morning at dawn and eats grass. Then she practices saying 'Bahhh' with her children. In the afternoon, she does some sports. Afterwards, she eats some more grass. In the evening, she visits the vulture 'Frau Meier' to gossip. Then she lies down for a long, restful sleep.

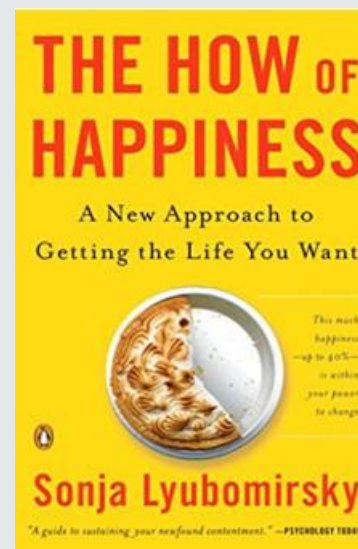
Intrigued by her lifestyle, a journalist asks her what she would do differently if she had time. She goes over the same schedule again. And what would she do if she won the lottery tomorrow? Same answer.

Some of us may find that our lives under social distancing have come to resemble Selma's routine a little bit. And some of us may already have found a new appreciation for the simple pleasures of life – pleasures that don't involve trips to adventurous holiday destinations.

If you don't want to take happiness advice from a sheep, take it from modern psychology. Research by psychologist Sonja Lyubomirsky has found that integrating 'happiness activities' into your daily routine can greatly improve your overall wellbeing.

[The How of Happiness](#) summarises a dozen everyday activities that you can start practicing today to become happier in both the short and long term.

\*Taken from 'getcontext' newsletter from [getAbstract](#)



### The Sources of Energy and Wellbeing – top tips

#### Physical -

- Keep a routine for meals
- Get some movement throughout the day
- Try out chair yoga, stretching or online classes



#### Mental -

- Have different zones for work, relaxation and family time
- Reward yourself after achieving a task
- Build in regular ways to rebalance like a lunchtime walk



#### Social -

- Use supportive language with yourself and others
- Have collective goals – family/work/sports
- Be mindful of the interactions you find energising



#### Emotional -

- Use your social support network of friends and family
- Take a few moments to let the thought reach your rational brain
- Keep a gratitude diary to help improve your mood



## New Espressos

Our new Wellbeing virtual espressos are live! Click the links to book:

- [Emotional Wellbeing](#)
- [Mental Wellbeing](#)
- [Physical Wellbeing](#)
- [Social Wellbeing](#)

P&C have developed guidance for leaders who may be faced with bereavement or critical illness due to Coronavirus within their teams:

- [Dealing with Bereavement](#)
- [Dealing with Critical Illness](#)

The new [wellbeing toolkit](#) provides tips on how to take care of our social, physical and mental wellbeing wherever you're working right now

