

A wide-angle landscape photograph showing a person standing on a dark, rocky cliff edge in the foreground. The person is looking out over a vast, mountainous region with green and brown hills. In the far distance, a large glacier is visible under a cloudy sky. The text "Resilience: and looking after yourself in challenging times" is overlaid in yellow on the middle of the image.

**Resilience: and looking after yourself in
challenging times**

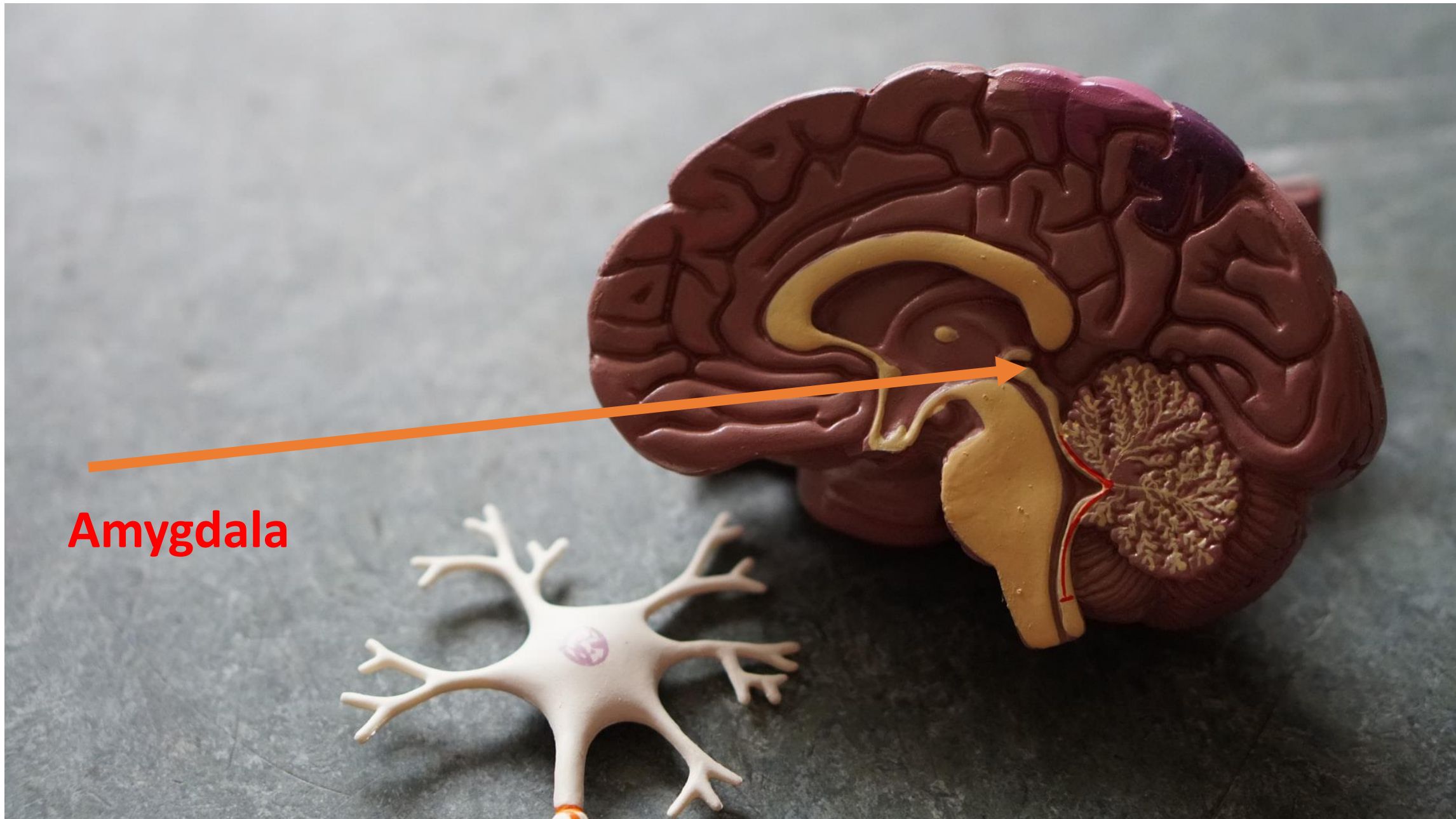
helllo



Learning Objectives

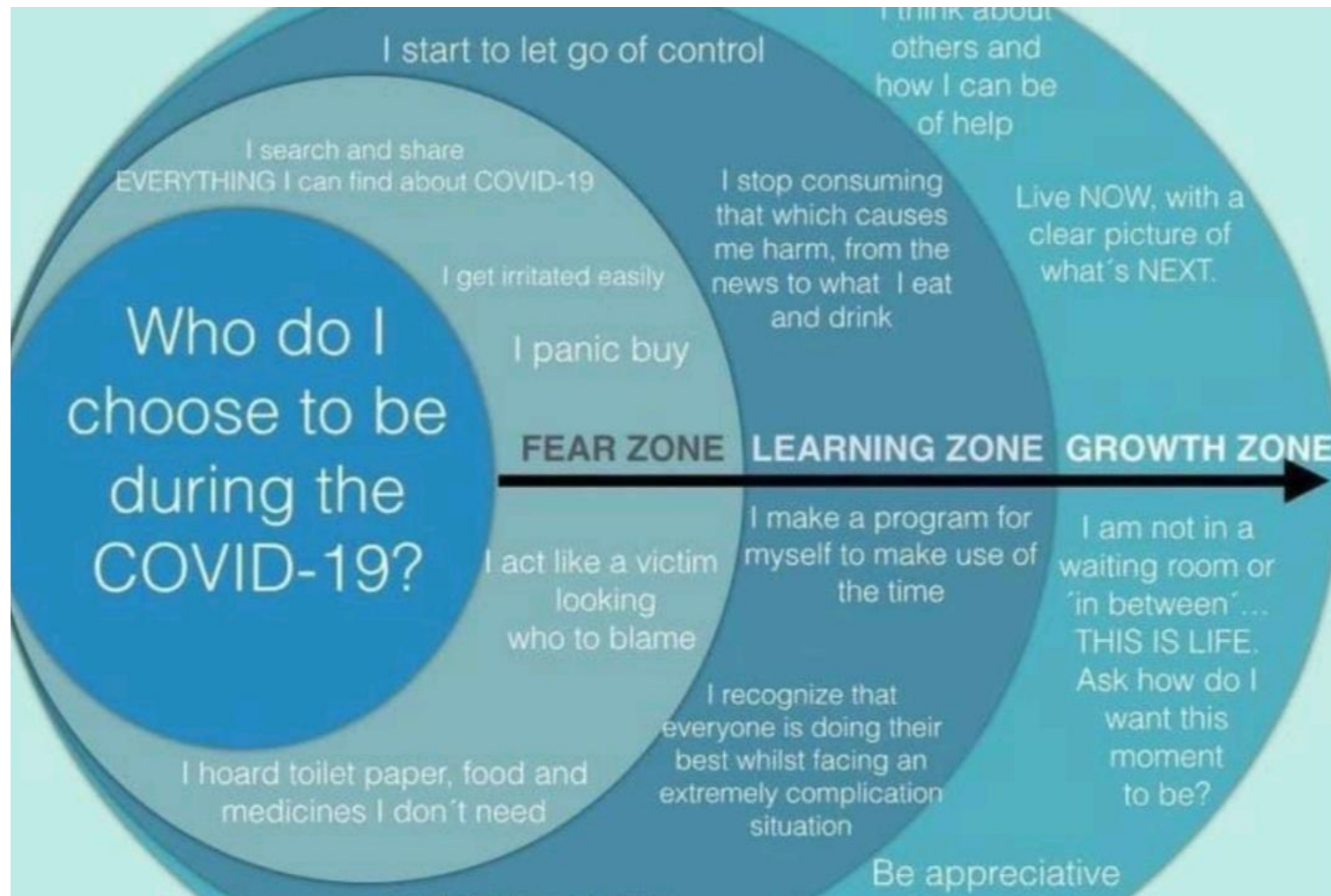
Learning Objectives: My aim for this course is that you will go away with knowledge and practical ways to improve your resilience in these challenging times. This includes:

- Explore what causes you stress and the effects it has on you.
- Share ideas and practices to protect you from the effects of stress and to 'recharge your batteries'.
- Techniques to access positive thoughts and emotions to develop your energy and resourcefulness
- Accessing exercise and hobbies virtually in our current world.
- What you can do to help and support others



Amygdala





How will I live during the COVID-19 restrictions?

What we can control, and what we can't





What is resilience?

the ability to be happy, successful, etc. again after something difficult or bad has happened:

the ability of a substance to return to its usual shape after being bent, stretched, or pressed:

To cope: to deal successfully with a difficult situation:

Optimum Resilience

- Emotional wellbeing – social and community wellbeing
- Career wellbeing
- Physical wellbeing
- Financial wellbeing
- Mental wellbeing



Financial



Career Wellbeing





CAN EVERYBODY GO ON MUTE?	COMMENTS ON THE ROOM BEHIND A VIDEO CALLER	SOMEONE'S VIDEO FREEZES	I'LL HAVE TO CIRCLE BACK TO YOU ON THAT.	SOMEONE HAS AN EXOTIC VIRTUAL BACKGROUND
SPEAKER'S VOICE CUTS OUT, SPEEDS BACK UP	WE'RE ON THE SAME PAGE.	CHILD PRANCES NAKED IN BACKGROUND	SOUND OF SOMEONE BREATHING, POSSIBLY RUNNING A MARATHON	SOMEONE JOKES ABOUT MAKING SOMETHING GO VIRAL
SOUND OF A FLUSH	SOMEONE REFUSES TO GO ON VIDEO "LOOKING LIKE THIS"	I'M SORRY; I WAS ON MUTE	SOMEONE FORGETS THEIR VIDEO IS STILL ON	SOUND OF SOMEONE TYPING, POSSIBLY WITH A HAMMER
CAT OR DOG JOINS A VIDEO CALL	"WITNESS PROTECTION PROGRAM" BACKLIT VIDEO ATTENDEE	LOUD ECHO/ FEEDBACK	I THINK YOU CUT OUT THERE.	CAN EVERYONE SEE MY SCREEN?
HEARING SOMEONE'S SPOUSE ON ANOTHER CALL	PARENT SHOOS CHILD OUT OF ROOM	CAN EVERYONE GO ON MUTE?	WE'LL JUST WAIT A MINUTE UNTIL EVERYONE CAN JOIN.	AS PER MY EMAIL...

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CONFERENCE CALL BINGO

GOLD STAR WINNER: GETS ALL SPACES

SUPER PLATINUM WINNER: CHECKS NO BOXES





BENEDIKT SCHNEIDER Söhne
Turmuhrnfabrik
SCHONACH, Baden.







Weekly Planner

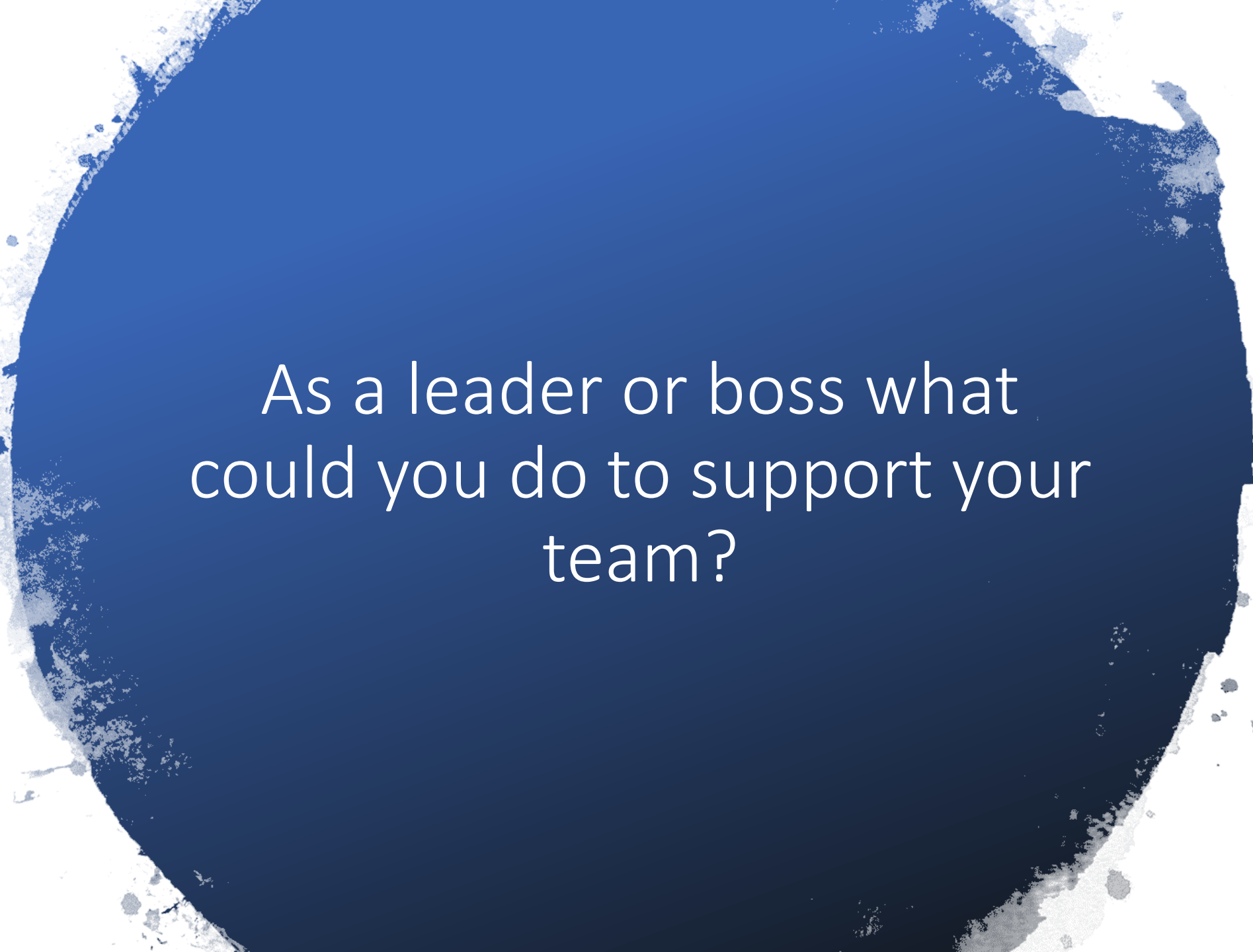
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	10 am Dance Class			11.30am Virtual Coffee			
Afternoon		Weekly virtual Business Book club			4pm Round up conversation with my assistant		Family Sunday Lunch
Evening			8pm: virtual pilates class		8pm Virtual dinner with friends.	7pm Virtual Singalong	

A dark blue, irregularly shaped graphic with a splatter effect, containing white text. The graphic is centered on a white background and has a rough, ink-like border with small blue droplets scattered around it.

What can you do to manage
your work environment?



How can you assist
your colleagues?



As a leader or boss what
could you do to support your
team?



Emotional Wellbeing











DO SOMETHING GREAT

Get in touch
with others
















How can you look after
your emotional
wellbeing?



Physical wellbeing






- 🏠 Kezdőlap
- 🔥 Felkapott
- 📺 Feliratkozás

- KÖNYVTÁR
- 🕒 Előzmények
 - 👁️ Nézendő vide...

Blurred video thumbnails and interface elements on the right side of the screen.





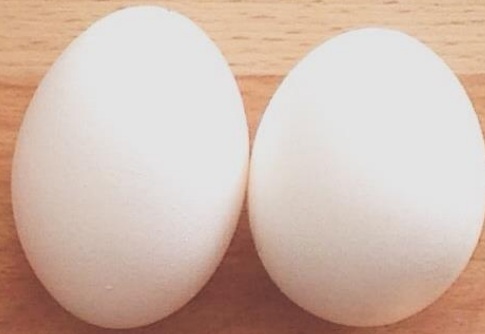
Without putting
pressure on yourself
how can you add
exercise into your
life?



Mental Wellbeing



amdu
wreath



LAUGH

A neon sign spelling the word "LAUGH" is mounted on a wooden plank against a dark brick wall. The sign is constructed from red neon tubing that forms the outline of each letter, with a bright yellow neon tube running through the center of each letter to provide illumination. The letters are connected by black electrical wires. The background is a dark, textured brick wall, and the sign is set against a horizontal wooden plank. The overall lighting is dim, with the primary light source being the neon sign itself.







THANKFUL



A light box with three rows of text. The first row contains the words 'ENJOY THE', the second row contains 'LITTLE', and the third row contains 'THINGS'. The background is dark with colorful bokeh lights in shades of blue, green, orange, and red.

ENJOY THE

LITTLE

THINGS



RELAX

What can you do
to relax?





How can you
look after your
mental health?

Learning Objectives

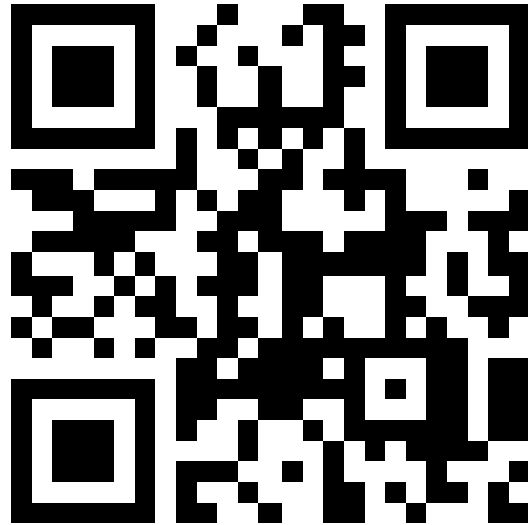
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-



Questions

Superstar Communicator APP



On Apple APPS, Google Play. Go into “Slides, learning”. There are a lot of additional resources

Susan Heaton-Wright



www.superstarcommunicator.com

Twitter: @superstarcomms

Instagram: @susanheatonwright1

Linkedin: Susan Heaton-Wright

Podcast: Superstar Communicator

Susan@superstarcommunicator.com