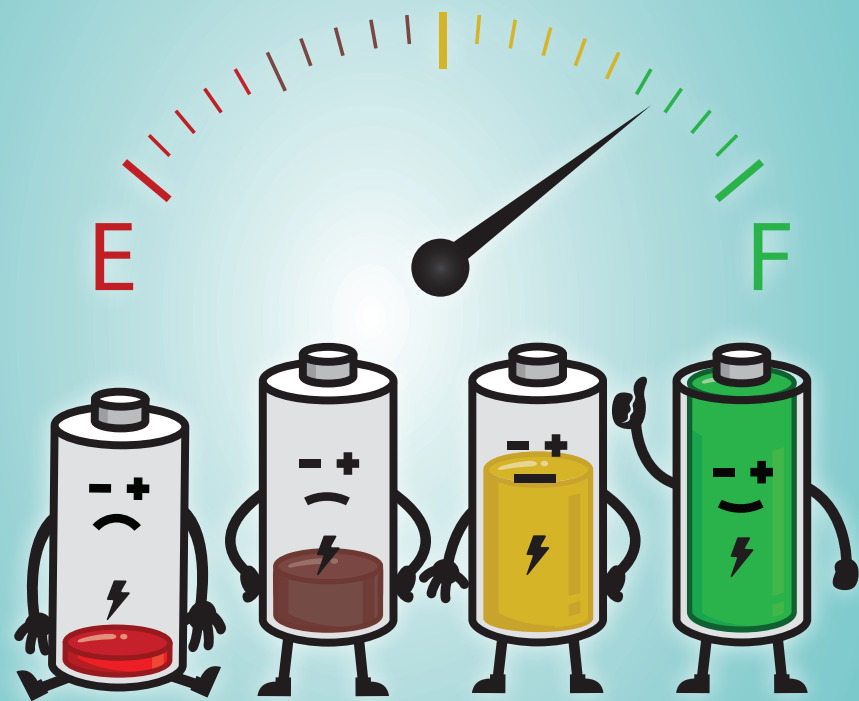


IDEAS TO RECHARGE YOUR BATTERY



Is your battery fully charged?

NO X

YES ✓

Awesome!

Would you like to try charging it back up?

YES ✓

NO X

Keep doing what you're doing!

TRY PLUGGING INTO ONE OF THESE



EMOTIONAL HONESTY

Your Mental Wellbeing

The way you are feeling in this moment, and the impact it's having on you.

- Check if what you're feeling is truth or drama, notice what's good in your life right now, share your feelings with a trusted friend, do something that makes you feel good, stand up to your inner critic.

SELF-CARE

Your Physical and Spiritual Wellbeing

The daily rituals that keep you both calm and energised.

- Find ways to rest: have a break or take an early night, move your body: get active! Notice the beauty in nature around you, reconnect with your faith, breathe deeply.

LEARNING

Your Intellectual Wellbeing

The things that help you to grow knowledge, skills and confidence.

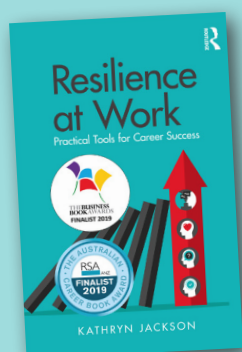
- Research something new that interests you, write down what you can control, write five reasons that you're awesome, gently stretch your comfort zone, consider a new perspective.

CONNECTIONS

Your Social Wellbeing

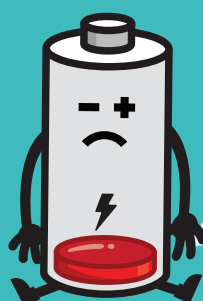
The relationships that help you feel connected and valuable.

- Call a friend who makes you giggle, give a smile or pay a compliment to a stranger, surprise a friend (with a visit or a gift), sit down and listen to a loved one, put your phone down and talk.



Resilience at Work; Practical Tools For Career Success (Finalist for Best International Business Book, London and the Australian Career Book Awards) contains even more information about the science of wellbeing, coaching tales and resources.

It's available from most online retailers and many global bookstores. For more information, visit www.careerbalance.co.nz or email kathryn@careerbalance.co.nz



If you are worried about having a red battery or can't seem to charge it back up, please seek additional support from a mental health professional by visiting your GP, contacting your EAP or calling your local health support line: