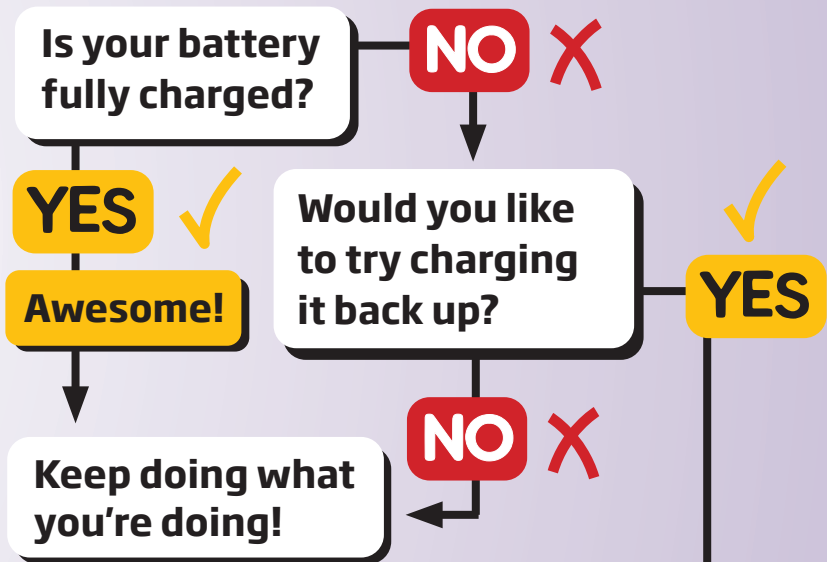


IDEAS TO RECHARGE YOUR BATTERY



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.



The Great Recharge is a wellbeing programme like nothing you've ever experienced. Interactive workshops bridge the gap between surviving and thriving at work, and explore topics that will help you to navigate a world of constant change. Choose from **Quick Charge**, **Fully Charged** or **Lead the Charge**, and then access our unique embedding resources to drive deep and lasting results.

More info from www.careerbalance.co.nz and email hello@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: