

Tip sheet

The year ahead

How do we make the most of our time and energy?

Now for the time ahead; we need to book in times when we are able to reflect on how things are going, as well as recognise where other aspects are not going so well. So look for significant dates, both professional and personal, mark them in the calendar before the pressure builds in that month. Plan specific times for self-reflection, particularly during very busy times; remember this is counter-intuitive!

Organisational pressures can pose a larger threat to individuals, teams and systemic wellbeing. Taking time to map out groups and subgroups provides insight into the people who make up an organisation. Timelines and workload output need to be discussed where possible. When a team know the road ahead, individual anxiety decreases, making clear communication possible. Significant personal and professional pressures can accumulate if we don't take stock and put in place strategies that will ensure our wellbeing. This is especially relevant when the pace of work has increased and when trying to juggle all elements in your life is a challenge.

Resilience is a term often used to describe the ability to keep a fresh perspective when things go awry which is not always easy. Some suggestions that may help include working out what we need to do in challenging times and making a personal inventory by listing the things that cause us pressure as well as the things that inspire us. This

gives us the ability to identify what we can control and what we cannot control. Making a commitment to following through on what we can change, will help build resilience.

Stress is another term we wrangle with. We need to take care of our physical and emotional wellbeing, which might mean exercising or doing the opposite i.e., having an early night!



Identifying habitual behaviours that haven't worked in past stressful times and learning to communicate more effectively to other where we are at emotionally, becomes much easier with practice. Managing stress is part of developing resilience.

If you would like further information on any of these areas, please speak with one of our consultants by phoning 0508 664 981 or email the Vitae team, or register and come along to one of our community development workshops on resilience and mental wellbeing being run across the country this year.

Contact

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