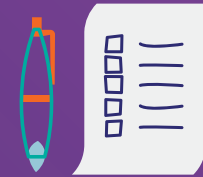


Tips for you and your teams

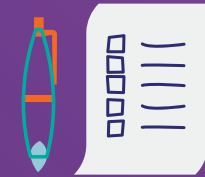


With the challenges the pandemic poses to our work and home lives, looking after ourselves and our teams is more important than ever. Remote working and social distancing mean we're all having to rethink how we do this effectively, so we've pulled together some ideas for you as an individual (below) and to use with your teams (overleaf) to support engagement, motivation and wellbeing – and hopefully have some fun along the way.

- ✓ **Make a pledge** – try something new, share your journey and success on the [My Being Well Pledge Workplace group](#).
- ✓ **BeSupportive** – make friendly calls to support our most vulnerable residents by [volunteering for BeSupportive](#).
- ✓ **Sounds great** – see what your favourite artists are doing on their websites or Twitter.
- ✓ **Stay in, work out** – from [Joe Wicks' live classes](#) to our own [10 Today workouts](#), you'll find lots of ways to keep fit online.
- ✓ **Healthy competition** – download [Strava](#) free from the app store to track your run/walk/cycle.
- ✓ **Listen up** – plug in and switch off with apps like [BBC Sounds](#) and bring podcasts from all over the world to your device or phone.
- ✓ **Ditch the sofa** – download [Couch to 5K](#) from the app store or enter [Race for Life at Home](#) and raise funds for Cancer Research UK.
- ✓ **Live like a royal** – take a virtual tour of popular attractions, like [Buckingham Palace](#), from the comfort of your own home.
- ✓ **Lights, camera, action** – pick a movie night, grab your favourite snacks, turn off the lights and lose yourself in a film.
- ✓ **How do their gardens grow?** – tour beautiful gardens (including Alan Titchmarsh's) courtesy of the [National Garden Scheme website](#).
- ✓ **Go clubbing** – share books or films with friends or colleagues in your own book or film club.
- ✓ **Home alone** – buddy up with someone to offer mutual support and beat those isolation blues.
- ✓ **One lump or two?** Take a virtual coffee break with someone to catch up, have laugh and a well-earned break.
- ✓ **Once upon a time** – take time to read your grandchildren a bedtime story once a week using Skype/WhatsApp/Facetime.
- ✓ **Come dine with me** – if you live with others, take it in turns to cook and score each other's dishes.



Tips for you and your teams



It's a busy time across the organisation, so take some time to plan your meetings and interactions with your teams each week.

- ✓ **Positive start** – begin your team call with some good news, a random song along, or funny quote.
- ✓ **Be visible and vocal** – leaders and managers should be seen and heard often.
- ✓ **Tech to it** – embrace technology to help your teams see you and feel connected.
- ✓ **Make a date** – prioritise one to ones, team meetings and check-ins.
- ✓ **Be flexible** – set clear expectations with your teams, so they know where flexibility's appropriate and where it's not.
- ✓ **No place like home** – some like working remotely, others may need more support.



It doesn't all have to be updates and formal team meetings. We're a sociable species, so create time and space to get through this stronger together – staying in touch with your teams and helping to create some virtual fun will help everyone feel better and stay connected.

- ✓ **Friendly Friday** – set aside time at the end of the week to touch base with your team and maybe incorporate some of the ideas below...
- ✓ **It's a puzzle** – encourage some competition by emailing a weekly riddle or photo for a caption competition.
- ✓ **Tea time** – book a virtual coffee morning or afternoon tea on Skype, with biscuits and cakes optional and work-chat off the menu.
- ✓ **Mastermind** – find quiz sheets online or download apps like Kahoot from the app store or join an online pub quiz on Facebook or YouTube
- ✓ **House!** – host a virtual game of bingo using online cards... for some virtual prizes.
- ✓ **Tune in** – add your team's favourite uplifting tracks to a mood-boosting Spotify team playlist.
- ✓ **Fancy a night out** – round off the week like you used to with a Skype 'social' over a glass of something.
- ✓ **Goal!** – professional footballers are playing in competitions like FIFA and if you've got gaming consoles you can too.
- ✓ **Use your head** – theme your skype team meetings, making hats or pirate attire a must.
- ✓ **Britain's got talent** – have your team? Get them to showcase their unique skills in 30 second slots on a video call.
- ✓ **Would I lie to you?** – colleagues share three fun facts about themselves and the team have to guess which fact is true.

You'll find more resources to support you and your team's wellbeing on the [Being Well microsite](#) on the Bridge and the Being Well section in [MyLearning](#).

