

Tips for Thriving – not just Surviving!



Print out the sheet. Think about the tips. Tick the boxes where you are already taking action. Now look at those you haven't ticked and do something about them. Revisit the tips regularly to check your progress.

Be mindful of your physical, mental and emotional being. Be aware of what your body is telling you.

Identify the source of your stress. Address it as a priority.

Eat well and regularly. Eat foods that build your strength and resilience, such as good quality protein (eggs, chicken breasts, milk), wholegrains (oatmeal, popcorn, brown rice) and vegetables. Keep well hydrated with water.

Take time out at lunch time. Do something to raise your energy level, such as something physical like a walk, or something mental like meeting up with someone who makes you laugh.

Take regular breaks from intense work. Your mind regularly needs recovery time. Break each hour into 50 minutes of focused activity followed by a 10-minute break doing something completely different.

Ask yourself, does it have to be perfect? 'Perfection is the enemy of the good', so not being perfect sometimes will mean you're pretty good all the time.

Write a to-do list for the next day and prioritise your activities. Start the day with the most important task; try not to look at emails, they can be so depressing!

Learn to say no. Don't say yes to anything you know you aren't able to fulfil.

Identify your priorities in life. They may be your family, work, sport, pets; prepare strategies for how you will enjoy each in a balanced way.

Welcome the support and friendship of your family and friends. Make time for them.

Find time on your own to absorb everything that's going on. Take time to enjoy what's happening around you.

Do something new - try a new sport or hobby. Join a new group; meet new people; study something new.

Try to get plenty of decent sleep. It may not be long but it needs to be restorative.

Go for walks. It's time well spent and you can reflect on everything; try to reflect on all the positives of the past year, as there'll be plenty to reflect about.

Try to see the funny side of things. Try to look at life as one long entertainment.

Go singing somewhere. Sing your heart out!

- Be passionate about something.** This is good for you and is attractive to others.
- De-clutter - your life, your home, your office.** It will feel good and help you think clearer.
- Work out what you really, really want to achieve** during the year and over the next 5 years. Write it down, make a plan, find time to achieve it.
- Imagine everything positively.** It will help produce positive actions and behaviours.
- Take the long view.** Envision the future in a positive way; it'll provide motivation and focus when all around you is in chaos.
- Step out of your comfort zone.** It's exhilarating, builds your confidence and sense of achievement and makes you feel great.
- Strengthen those relationships which are important** to your personal success and happiness.
- Embrace the idea of talking to yourself out loud and positively.** Positive self-talk has a dramatic impact on how you feel about yourself and the actions you take.
- Structure your day to enable you to hit the ground running.** Complete the large tasks in bite sized steps before the easy ones; do a nasty task first and then have a reward; then do an easy task before doing the next nasty task.
- Put an end to each day and enjoy your evening.** Think about the day, write down in a notebook lessons learnt, what went well, what could have been better. Put the notebook away and start enjoying the evening.
- Keep a diary or picture album of the positive events that give you a rosy glow.** When you feel low, read your diary or look at your album; it will make you feel much better.
- Do one act of kindness each day.**
- Make sure you work in a job that makes you feel fantastic** at the end of the day.
- Ring-fence some "you" time very day - switch off your mobile devices.** Guard this time, protect it, take it. You're worth it!
- Take your holidays!** And don't take your office with you!
- Take responsibility for your own psychological wellbeing, and that of others.**



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Taking responsibility for the psychological wellbeing of oneself and everyone else.

Tips by Derek Mowbray, a Chartered Psychologist and Chartered Scientist, with a doctorate in the psychology of leadership. Derek specialises in the primary prevention of psychological distress at work.

About MAS

Our work focuses on the prevention of stress at work. Why? Stress costs and inhibits performance!

There are three interlocking features that prevent stress at work –

- Creating and sustaining a culture and environment where managers and workforce are fully engaged with the organisation and are provoked into peak performance.
- Leaders and managers exhibiting the behaviours that encourage commitment, trust and engagement which will provoke peak performance in others.
- Building and sustaining personal resilience against challenging situations which will provoke peak performance in individuals.

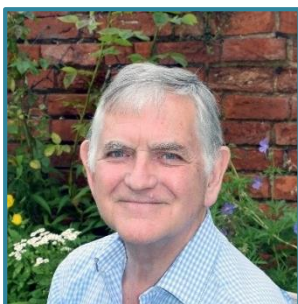
Our purpose is to help organisations achieve peak performance and productivity; to strengthen corporate and personal resilience and to prevent stress from occurring in the first place;

Our approach is to help organisations establish psychologically healthy workplaces by facilitating the implementation of our WellBeing and Performance Agenda framework.

Our services include consultancy; applied organisation health psychology; facilitation; assessments; cultural change; leadership and team development, tailored interventions, and one-to-one coaching.

Our programmes include topics such as:

- The WellBeing and Performance Agenda
- Creating a Culture for Wellbeing and Performance
- Adaptive Leadership – Leadership Development Programme
- The Manager’s Role in Resilience
- Team Resilience
- The Manager’s Role in Stress Prevention
- Strengthening Personal Resilience,
- Psychological Responsibility
- Brief Mindfulness
- Train-the-Trainer versions of our Resilience Programmes



The driving force of MAS and the Wellbeing & Performance Group is [Derek Mowbray](#), a Chartered Psychologist and Chartered Scientist, with a doctorate in the psychology of leadership. Derek specialises in the primary prevention of psychological distress. His work in the stress prevention field focuses on the problems at work that may trigger adverse reactions in people, causing them to feel unwell and under intense pressure resulting in under performance. His approach is to use positive psychology to help organisations create and sustain ‘the workplace as a fabulous and high performing place to work’ with a culture of psychological responsibility.

Derek’s mission is to ensure individuals have a fabulous experience from work and the workplace.

Our Products:

Personal Resilience ELearning

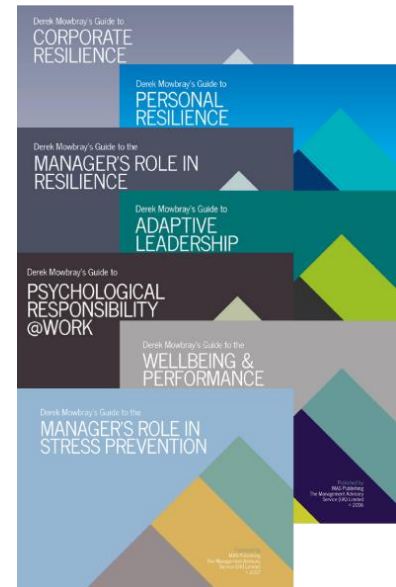
An in-depth programme designed to strengthen personal resilience. The programme could be branded for you and made available to your workforce.

<http://www.mas.org.uk/personal-resilience-elearning-programme.html>



Derek Mowbray's Guides – innovative, practical resources

The Guide to the WellBeing and Performance Agenda
The Guide to Corporate Resilience
The Guide to Adaptive Leadership
The Guide to Psychological Responsibility
The Guide to The Manager's Role in Resilience
The Guide to Personal Resilience
The Guide to the Manager's Role in Stress Prevention
The Guide to Team Resilience (Available Q2 2017)



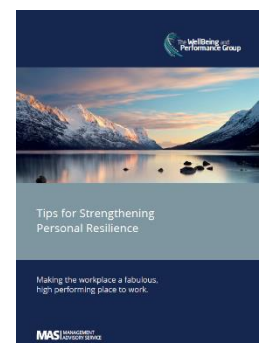
The Guides can be branded and discounted for bulk purchases.

<http://www.mas.org.uk/publications.html>

Tips Booklets

We have an extensive range of high quality tips booklets which make great giveaways to accompany wellbeing initiatives. These could be branded for you.

Tips for Personal Resilience
Tips for the Manager's Role in Resilience
Tips for Fabulous Managers
Tips for Introducing Adaptive Leadership
Tips for Taking Psychological Responsibility
Tips for Creating a Culture of Sharing Responsibility for the Future Success of the Organisation



For details about our products and services, email barbara.leigh@mas.org.uk or call 01242 241882