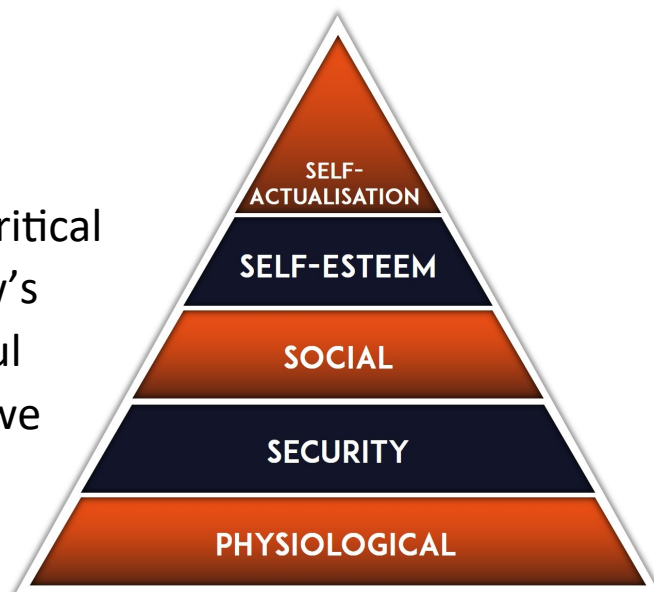


# Wellbeing

Taking care of people's wellbeing is critical during these times. Abraham Maslow's 'hierarchy of needs' provides a helpful template to consider practical steps we can take to retain our inner strength.



Here are some tips to consider and discuss:

- **Physiological.** Are colleagues taking care of the basics, such as keeping a healthy diet, staying hydrated, staying active, and sleeping well?
- **Security.** Be open about the potential health and financial implications, discussing any steps that might help.
- **Social.** As self-isolation gathers pace, use 'virtual' channels to stay closely in touch. Pass on ideas for staying active & involved. Support each other!
- **Self-Esteem.** Help people find ways to continue making valued contributions. Praise creative efforts and adaptability.
- **Self-Actualisation.** Help people see that the disruption to their life goals is temporary. The talents and drive that got them where they are will remain. Make sure your team can look back positively on their efforts.