

ACTIVITIES FOR TEAMS & PEERS

Composure and Wellbeing Strategies



The following is a brief list of activities, related to the themes of composure, focus and wellbeing - that you can run in team meetings or during peer coaching conversations:

- **Wellbeing:** Invite people to share the activities that they use to build or maintain energy and wellbeing (current status – eg, so if that means in isolation, what alternative activities are people using for exercise or recreation).
- **Challenges:** Invite people to share (as much as they are comfortable) an example of a challenge they've dealt with lately (or are overcoming) and the sorts of things they're doing to manage it.
- **Learning:** Invite people to share what they've learned about themselves, work or others as a result of the changes imposed by COVID-19. Prompt people to keep this constructive, versus imbalanced toward negatives.
- **Strengths:** Ask people to consider the strengths they've seen in themselves and others, that have been put to good use over the past few weeks.
- **Composure:** If the team have practiced the relaxation, mindfulness or composure exercises – ask them to talk about which ones they like the best, and in what contexts can they see the exercises being beneficial to them. What are they noticing as a result of practicing the exercises.
- **Fun.** Invite people to share activities they've engaged in that are fun, creative or just good for the soul.
- **Appreciation:** Invite people to share what they appreciate in others, in their situation or life in general. Perhaps adding in the good things that have gone well or to plan lately.

Responses can be discussed in gatherings/meetings or share by email or text. Get creative.

