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Resilience-Boosting Tips

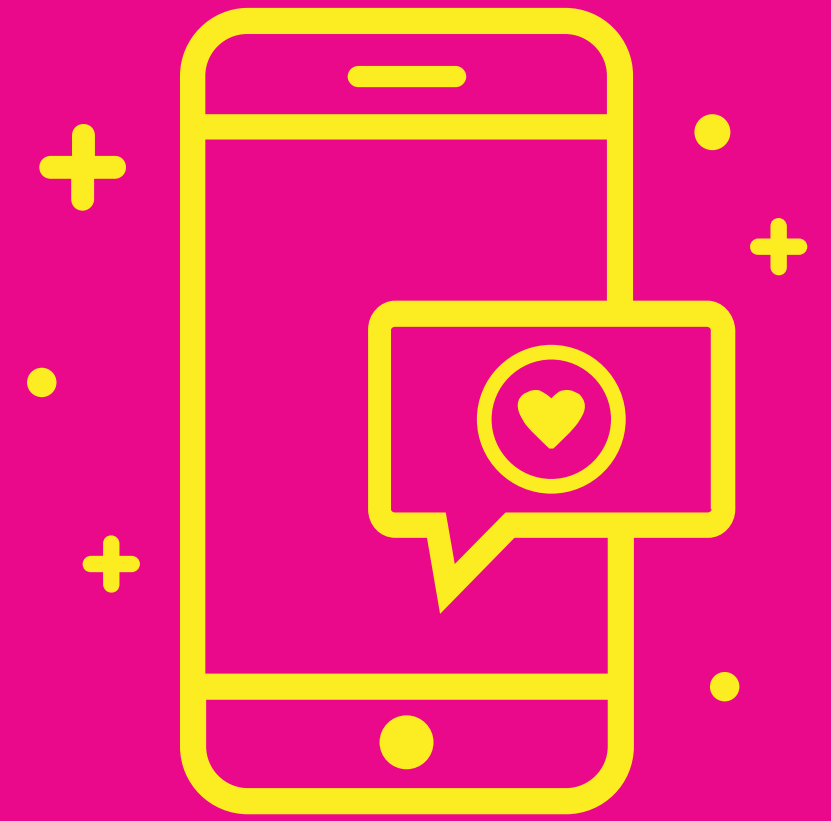
———— Create Your Own Career Happiness





Engage

In times of isolation, it's best to reach out and interact with your teammates through other means to maintain social connections.



Rely on Empathy

Seeking to understand and be understood by your team is a key to career harmony during trying times.



Your Ideal Workspace

If you're working from home, pick a workspace that has a natural light source and greenery. These are proven to not only boost your mood while you work but also enhance wellbeing.



Vary Your Routine

We may be creatures of habit, but mixing up your daily routine once in a while keeps you mentally stimulated and motivated to get work done.