



## CITY HR COMMUNITY CHAT – 19th January 2021

### Mental Health & Wellbeing for HR

#### Tools, techniques and strategies for managing your energy



Hi there,

Our HR Community Chat on the 19<sup>th</sup> January focused on both short term tools and techniques to manage our energy and emotions, as well as longer term strategies to help us connect with our own "purpose" to keep motivated in difficult times. We were delighted to be joined by **Katie Ledger** from **Complete** (previously know as Complete Coherence) and **Will Mitchell** of Visium Consultants.

**Katie** started the session by explaining how energy planning can help us manage uncertainty, and asked us all to explore the number and range of emotions we have experience in the last week. She then went on to explore how positive emotions can help us perform whether we are relaxed or psyched up, by helping build our immune system, generating energy and helping us recover, a valuable concept we can not only use on ourselves but on our teams and family. She challenged us to take control of our emotions and choose to move away from negativity to a place of owning our emotions, how appreciating others can help. She encouraged us to plot our emotions on a grid throughout the day and use the other tools she had shared to help build personal resilience, reminding us that sharing positive energy and emotions is infectious.

**Will** then shared how finding purpose and meaning can help us build longer term resilience. He explained the energy escalator, and asked us to what extent we were actively engaging in managing the energy in our own lives. Interestingly through the poll we found that the majority of us ( 72%) were just getting through the day and managing energy through diet and exercise. The concept of purpose has it's roots in the work of Victor Frankl and who wrote Man's Search for Meaning, an account of his personal experiences in Auschwitz concentration camp, and how finding purpose is a fundamental requirement for human health. He concluded by giving us a number of useful and simple habits to encourage us all to focus on long term purpose rather than short term pleasure.

Both of their slides are attached.

If you missed this session and would like to receive the recordings – please email [sambailey@cityhr.co.uk](mailto:sambailey@cityhr.co.uk).

If you have not already signed up for our weekly webinars please email [sambailey@cityhr.co.uk](mailto:sambailey@cityhr.co.uk)

Andrea and the Team

**Andrea Eccles**  
**Chief Executive**  
**City HR Association**

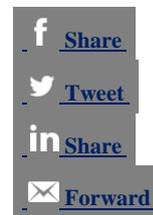


City HR Association Limited  
1st Floor, 3 More London Riverside  
London SE1 2RE

E: [info@cityhr.co.uk](mailto:info@cityhr.co.uk)

W: [cityhr.co.uk](http://cityhr.co.uk)

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