**Positive emotions**

Positive emotions refer to feelings of happiness, joy, excitement etc.

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| What has helped you feel good over the lockdown – what things do you do that help?  What did the team do that helped? | What has got in the way of Positive emotions/ made you feel anxious/ stressed/ fearful etc. | What actions could you take to support positive emotions? (this can include what you are going to continue to do and any new actions to take) |
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**Engagement**

Engagement refers to being absorbed, interested and involved in one’s work.

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| When have you felt most engaged?  What has worked well? | When have you felt least engaged? | What actions could you take to support staff engagement? (this can include what you are going to continue to do and any new actions to take) |
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**Relationships**

Refer to feeling connected, supported and valued by the team/ manager/ organisation.

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| When have you felt most connected?  What has worked well? | When have you felt least connected? | What actions could you take to support staff connectedness? (this can include what you are going to continue to do and any new actions to take) |
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**Meaning & Accomplishments**

Meaning refers to having a sense of purpose in one’s work. Meaning provides a sense that your work matters.

Accomplishments is about feelings of mastery and achievement. It means staying on top of daily responsibilities and working towards goals, and feeling able to complete tasks and daily responsibilities.

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| When have you felt like work gave you the most meaning/ sense of success/ achievement  What has worked well? | When have you experienced least meaning/ felt least successful? | What actions could you take to support staff’s sense of meaning, satisfaction and success? (this can include what you are going to continue to do and any new actions to take) |
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