

Lean on your strengths and relationships

Many of us have experienced more stress and sadness than feelings of positivity and joy throughout the ongoing COVID-19 Pandemic.

Some have struggled at times with feeling inauthentic throughout these months as we've needed to show up like we're okay even when we're not. That disconnect between our inner feelings and behaviors can diminish our psychological wellbeing.

Instead of striving for perfection, we might take advantage of our strengths by being courageous, authentic, grateful and connected.

Here are four ways to build on your strengths and return joy to your life at work:

- **Build your strengths into your day:** Identify your strengths and build them into your day. Even if it is only half an hour of playing to your strengths, it can energize you and make a difference for the rest of the day.
- **Focus on your professional growth:** Much of our own development has taken a back seat during the pandemic. If we recommit to pursuing some of our personal goals, it can refresh our passion and bring us joy.
- **Share with a trusted colleague:** Being authentic is key to our psychological well-being, so identifying a trusted colleague at work to connect with about the challenges and what you are grateful for can restore any authenticity lost over the past two years.
- **Rebuild relationships through work:** As some of us may have experienced isolation throughout the pandemic, we must find ways to re-engage in meaningful collaboration and connections with our colleagues. These connections can boost our energy and may also improve team results.