

Living your best life in the pandemic

Harefield Hospital Psychological Medicine Team – May 2021

Safety

Ensure your basic needs are met, including food, housing and healthcare.



Honesty

Be true to yourself and those around you.



Integrity

Hold your values as your moral compass—stay true to that compass.



Teamwork

Work as a team in your family, with your friends or colleagues. You do not have to do this alone.



Responsibility

Be responsible for your behavior in the pandemic. Follow the guidance set out by the government and your healthcare team.



Innovation

2020 was the year of innovation! Explore new ways of doing things.



Creativity

Look for creative outlets to release some of the stress in the pandemic.



Communication

Good communication is important. Make sure you understand what is being communicated.



Productivity

Your levels of productivity may have changed. Be flexible with this as you are probably managing more than usual.



Optimism

Allow yourself to look to the future at times. Explore what that looks like in your world.



Focusing on our values can help to focus on our journey rather than the destination.