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Cover -- Title -- Copyright -- Preface -- About the Author -- Acknowledgements -- Disclaimer -- Contents -- Chapter 1: What is resilience? -- Introduction -- What is resilience? -- The need for resilience during and after the pandemic -- Characteristics of resilient work professionals -- The link between resilience and well-being - taking care of mental, emotional, social and physical health -- Reflection and action points from this chapter -- Chapter 2: The challenges for managers of building resilience in themselves and others -- Introduction -- Case study -- Lack of control -- Typical causes of stress -- When pressure turns to stress: spotting the signs of a decrease in well-being and resilience -- Self-care -- Coping with stress -- Watch out for signs of stress in others -- The consequences if resilience declines for the manager and for the team -- Reflection and action points from this chapter -- Chapter 3: Assess your own levels of resilience -- Resilience self-assessment inventory -- How to interpret your scores -- The four energies and why they matter -- Reflection and action points from this chapter -- Chapter 4: Tips for physical well-being -- Activity and mood -- Case study -- Building physical activity into your daily routine -- Eating well -- Quality sleep -- Take regular breaks -- Reflection and action points from this chapter -- Chapter 5: Tips for emotional well-being -- What is emotional well-being? -- Reflection and action points from this chapter -- Chapter 6: Tips for mental well-being -- The power of the mind -- Positive thinking -- Recognise your strengths -- Circles of influence and control -- Taking control -- Self-coaching questions -- Breathing techniques -- Meditation -- Be aware when resilience is not helpful -- Supporting our mental health -- Reflection and action points from this chapter. Chapter 7: Tips for social well-being -- Why social well-being is important -- Support network map -- Connecting with others in a virtual world -- Be grateful -- The power of helping others -- Reflection and action points from this chapter -- Chapter 8: Building resilience in team members -- Put well-being on the team agenda -- Actions the manager can take to build team resilience -- Regular two-way communication -- Build the social element of work -- The power of recognition -- Career development -- Highlight the importance of well-being -- Team temperature checks -- One-to-one check-ins around well-being -- Team resilience questionnaire -- Case study -- Compassionate leadership -- Reflection and action points from this chapter -- Chapter 9: Conclusion and making habits stick -- The benefits of building resilience -- Review your objectives and set goals -- Making habits stick -- Further reading.

Well-being in the Workplace - A guide to resilience for individuals and teams is aimed at managers who need to build resilience in both themselves and their team and improve their own and others' well-being. Managers, team leaders, those in HR roles, and employees looking to adapt to new ways of working will find this book invaluable.