

From: Employee Communications
Sent: Thursday, 24 June 2021 11:48 AM
To: All employees
Subject: Message from Rob: Building resilience and strengthening our mental wellbeing



Dear Colleagues,

As we continue on the path to recovery, it's important to recognise that this remains a challenging time for our people and communities in which we all live.

Building resilience

For many people this lockdown has been very difficult. I've had conversations with people who have expressed difficulty putting in place routines or techniques to help get them through this period. It's important that we continue to build our resilience and strengthen our mental wellbeing.

For those finding it difficult, I've added a link to a [great presentation by Emily Novatsis](#), from last year, covering how to better understand and build resilience through challenging times like these.

'Stay Connected' virtual event series

I also encourage you to engage with our ongoing 'Stay Connected' virtual event series. A list of upcoming events is featured below; recordings will be made available for those unable to attend.

Thursday 19 August	Give Life, Give Blood with Australian Red Cross LifeBlood	See attached
Thursday 23 September	Psychological Flexibility & Wellbeing with Steople, a leading Organisational Psychology provider	See attached

Opportunity to return to corporate offices

Colleagues normally based in corporate offices can continue to work from home for now, however are also able to go back into the office. If employees are going into the office they must wear a mask while inside. If you believe that attending the office could be beneficial for your personal situation or wellbeing, please discuss this opportunity with your one-up manager.

Staying well, connected and informed

Staying well includes staying connected with your one-up manager. It's important for everyone to maintain regular connection through one-on-ones with their manager, and we are asking managers to ensure these opportunities are prioritised.

I also encourage you to make use of our health and wellbeing resources, available on [The Depot](#) and [Metro's coronavirus micro-site](#). In addition to these, please remember that additional support is always available.



- Our **Employee Assistance Program** is a free and confidential service available to all employees and immediate families. Call 1800 808 374, or text 0439 449 876.
- People leaders can also access the **Manager Support Program** on 1800 505 015 for confidential support.

Thank you, stay safe and be well.

Rob

Executive Director Safety and People

