Resilience at Work Challenge

Focus Area: Well-Being

Objective: To build and reinforce ways to nurture resiliency (a.k.a. "inner strength") in your work life.

Length of Challenge: Four weeks (can be shortened)

Materials Needed:

- ☐ Resilience at Work Challenge Log
- ☐ Prizes (optional)

Directions:

1. Take "How Well Do You Bounce Back?" before and after the challenge. (NOTE: This score will not be shared.)
2. Try the recommended actions anytime you need to during your work week. CIRCLE the actions that help you bounce back and build resiliency. Aim to choose one action that represents each letter of "RESILIENT" for yourself. (For example: R = Reach out for support, E = Express thanks, S = Solve problems, etc.)

Regional/Satellite Offices & AWS Employees: This challenge can be hosted across regional/satellite offices and/or with AWS employees.

Getting Started:

1. Decide what date(s) your "Resilience at Work Challenge" will run.

2. Determine if and how winners will be rewarded.
   Remember: Challenge rewards do not have to be tangible. Announcing the "Resilience at Work Challenge" winner(s) in an email, e-newsletter and/or flier are all great ways to give recognition!

3. Announce the challenge to employees and share the following. (This can be done via email, e-newsletter, department intranet and/or fliers.)

   o Date(s) when the challenge will begin and end.

   o Instructions for how to complete the "Resilience at Work Challenge".

   o Details about how to submit participation and how winner(s) will be rewarded.

4. Print or attach via email the "Resilience at Work Challenge Log" and distribute to all participants.

5. If the challenge is occurring over several days, consider sending employees a friendly email reminding them to engage in the challenge. Your communication might include additional info related to the challenge, such as mental health facts, self-care tips and tricks, inspirational quotes and/or participant photos. (See 'Sample Emails' below.)

6. As the challenge comes near an end, send a reminder to employees and announce the winner(s)!