

Which activities give you energy?

Exercise and go for walk

Walking in the garden, looking at trees and touch plants

Yoga - re energise yourself!

Reviewing past achievements, such as graduation diplomas

Going through photos of happy moments on my phone

nice food

giving myself treats: travel, shopping

exercise - sports (including shooting)

Sport!

enjoying time with my child

Gatherings with like minded people in the safe space, unrelated to work, as JST :)

enjoy 'speed' of driving

Nature (motorbiking in nature)

Music, my dog, coffee or tea and having a coffee with a colleague on a balcony - outside for 10 minutes.

music, something creative, outdoor activities, teaching/playing with my kid, nature, mountains, nice weather, frank and motivating people

Positive feedback from line manager. Good appraisals when the work is good. Meeting a friend after work.

looking for positive things in bad situations and working with positive people

art, photography

thinking about what you want to do in the future - e.g. writing music

Having the goal on a piece of paper even in meetings, e.g. 10 years from now

Meeting new ppl, small chat even on public transport!

meeting new people

Easy chat about something other than work, films, social media.

working with crazy, creative people in the 'front office'

Working from home with two children > evening, practising athletic exercises with aerial ribbons demanding concentration

Sharing the joys with others

Having a cup of tea))

Phone calls to family members

achievements, appraisal, learning new things,

**working in
back office,
working on
computer
alone**

**Conversation
with
"energetic
vampires"
drains energy**

**micro-managers,
working too much
with statistics,**

**Relationships
between staff - how
colleagues are
feeling affects the
others or sets the
mood.**

**Which activities drain your
energy?**

**Bureaucracy
and
Unresponsive
counterparties**

**Repetitive
actions!**

**A colleague or boss
telling you what to
do and is not coping
with employees or
leading employees
in a good way.**

**Social
media
:(**

**A boss taking all the
credit for the work
you have done.
There is then no
freedom to do what
you want or need to
do.**

**Office politics,
rumours, gossip and
unhappy people
moaning all the time.
You cannot find
positive energy to
stay motivated. If you
cannot do a good job,
to do your job well
you feel demotivated.**

**Fake or unrealistic
deadlines. Being
asked to do
something by a
certain day or time
but then no one reads
it. Difficult to manage
a team online.
Difficult to give
enough credit online.**

Incompetence

**Long
meetings with
decisions
made**

**Proofreading
long
documents
when they are
not well
written**