



Wellbeing under pressure

The Doing Well cards are a step-by-step guide for **supporting wellbeing and maintaining performance under pressure.**

With the Doing Well cards, you can help your people:



Create their own protective wellbeing, resiliency and performance plans



Spark team conversations for connection and support

Wellbeing under pressure

The recommended way to get to know the Doing Well cards is to complete activities 1, 2 then 3.



Create your crew



An aid for tough decisions



Make a plan

1 Create your crew

The best predictor of how someone fares under pressure is their degree of social connection - having and accessing people in their lives that can help them through tough moments.

This activity helps people build and activate 'their crew' for those tough moments, and to be set to hear messages from those who care about us when we most need it.

STEP ONE

Separate out the Connect theme from the Doing Well deck.

STEP TWO

Pick a couple of cards that resonate. Which messages could be helpful to you under pressure?

Feel free to use the 'Design your own' card to create your own message.

STEP THREE

Write your name in the blank box at the top of the card.

STEP FOUR

Pick a couple of people in your life that you know have your back. They are your support crew for when times are tough.

Give them a card (or take a photo and text it to them). Their job is to give/send the card back to you when they see you need it.

Your job is to put in place that message (do what's on the card) when you receive it.



Time: 15 minutes

2 An aid for tough decisions



STEP ONE

Separate out the Damn good decisions theme from the Doing Well deck

STEP TWO

Bring to mind a decision (past or present).

STEP THREE

Flick through the cards with this decision in mind. Pull out the cards with the questions that are helpful for making this decision.

STEP FOUR

Each share a card and why you picked it.

Time: 15 minutes

3

Make a plan

Hope is not a method when it comes to supporting wellbeing under pressure. Making an intentional plan helps keep wellbeing practices in play when we need them most.

Follow these steps - or work your way through this self-guided [online module](#) as a team.

STEP ONE

Choose up to 12 cards that resonate with you. (If you have more than 12, see this group of cards as your shortlist. From this shortlist pick the number of cards that you can realistically put in play as part of your plan. Keep the rest of your shortlist cards handy for when you refresh your plan in the future.)

STEP TWO

Lay your cards out on the plan template. (If you don't have a template, that's okay - just lay them out in the shape of a placemat.) This is your Wellbeing Plan. Simple as that!

STEP THREE

Take a photo and send it to someone who can help keep you accountable.

STEP FOUR

Revisit regularly as the cards that resonate may change depending on how you feel and the challenges you face. Consider creating a calendar reminder.

STEP FIVE

(If time) Everyone in the group share their favorite card - and why.



Time: 30-45 minutes

4

Bonus activity: A conversation starter

STEP ONE

Fill small envelopes with a random set of 3 cards from the Doing Well (leaving out the instruction and 'design your own' cards, and cards from theme #6)

STEP TWO

Distribute envelopes to each person. (Each small envelope includes 3 randomly selected Doing Well cards with strategies to support wellbeing and resilience under pressure.)

STEP THREE

Explain: "You have a random set of 3 cards out of a deck of 100. Two things are certain.
1: No one else in the group has the same cards as you.
2: Because we're all different, even if you like your cards, you do not yet have the 3 best cards for you in this room."

STEP FOUR

Issue the challenge. "Your challenge over the next x (insert time available) minutes is to compare and trade cards with the people around you. Your challenge is to end up with the three best cards for you in the time available. To trade a card, you just need to say why you'd like someone else's card. Ready. Set. Go!"



For more ideas

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The Doing Well Activity Guide

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For more ideas like these, [download our activity guide](#) for sparking wellbeing conversations

Hummingly

Equipping leaders & teams to do and be well under pressure

Hummingly is the creation of Jolie Wills and Elizabeth McNaughton, a duo who have worked in disasters around the world for more than two decades. Jolie and Elizabeth have led and supported teams in the most difficult of circumstances. They set about creating workshops and products that people, communities and workplaces the world over could access to do well and be well under pressure.

These proven products are based on: Jolie and Elizabeth's knowledge gained from more than two decades leading teams under immense pressure, wisdom from over 100 crisis leaders, scientific insights from their background in cognitive psychology.



Our people are working in some very complex and challenging environments. We know if we don't look after people, they can't do their best work. The Doing Well cards are a great boost. They are effective and simple to use, and it's one way our people know we are supporting them through difficult times.

Dr Kate Brady,
Australian Red Cross



Join us in creating a
world where those
working under
pressure, not only
survive but thrive.

