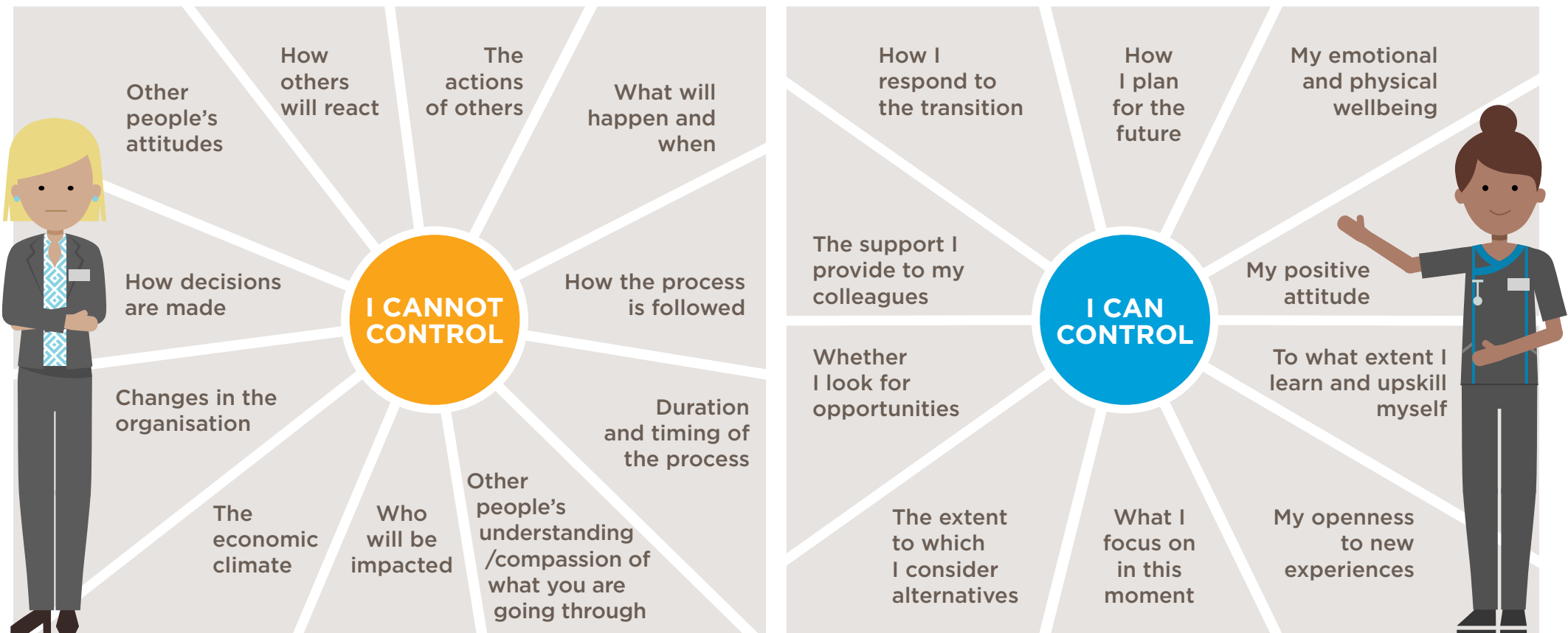


KEEP PERSPECTIVE IN TIMES OF TRANSITION

During times of change, it is easy to lose perspective. Focusing on what is within your control can help you manage your response, as well as your wellbeing. Keep perspective by carefully evaluating what is and is not within your control.



CONSULT THE LINE MANAGER AND EMPLOYEE TOOLKIT TO HELP YOU THROUGH TIMES OF TRANSITION.