

It's OK ... NOT TO BE OKAY ...



## But let's have a bit of hope and celebrate our individual differences!

The Covid-19 pandemic continues to impact on personal lives and work environments and during this unprecedented time we need unprecedented coping strategies and solutions. Media coverage is often negative and anxiety around the future can often be overwhelming. Resilience and adaptability seem to be the new normal in overcoming every day challenges.

As Animal Technicians we strive to ensure the care and welfare of animals under our care is to the highest standards possible, even when the external environment provides its challenges. The animals are our primary responsibility and that is why we are so committed to the role we carry out day in and day out. Our achievement is to ensure we can contribute to the development of science in the UK by individually doing our bit.

As the crisp autumnal days have been and gone, and the sky turns darker there is a light at the end of the tunnel and that light comes from each one of us.

It takes a certain type of individual to be extremely committed and conduct the role of animal technician and our individuality is what makes us all unique. The way we view, experience and cope in the world are unique attributes belonging to each person. Uniqueness should be a celebration and is what enriches and bonds teams in animal facilities together.

The holiday season is fast approaching and whatever our demographic, geographic, individual beliefs and individual differences are, we all are cheered by bright lights, good food, virtual family and friends, and hope in the darkness.

As the end of 2020 looms and 2021 begins, we can say goodbye to a year that will go down in history which you, as key workers, have been an immeasurable part of. We can celebrate a new year of hope, a brighter future and look forward to fresh starts and whatever 2021 may bring, safe in the knowledge that we are doing our utmost for the animals in our care, the advancement of science and the ultimate fight to make the world a better place.

Happy Holidays!

Equality and Diversity Group



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