Workplace Wellbeing Plan

In your usual working environment, what helps you stay mentally and physically well at work?

What are the parts of your job that make you feel good?

Are there any parts of your job that have a negative impact on you?

What are some early warning signs that you aren't feeling great?

What are some steps you can take when you notice these signs?

What can colleagues and managers do that helps? What doesn't help?

Are there any changes to the work environment that would help you to stay well?