**WORKPLACE WELLBEING PLAN**

*This template contains examples of what you may want to include in your wellbeing plan. You may fill-in as much or as little as you need, adding extra sections if you think they would help.*

*It is important that you provide a clear picture, with practical steps that can support your wellbeing at work. This helps your manager to better understand your specific needs and have better insight into how to provide the best support to you wherever possible.*

*Your wellbeing plan does not have to be perfect, nor cover every detail – having something written down is a great start.*

**• How do you currently stay well at work?**

|  |
| --- |
| *e.g., meditation, taking breaks, going for a walk, talking to a colleague* |

**• What things make you happy at work?**

|  |
| --- |
| *e.g., collaboration with colleagues, appropriate recognition for work performed well* |

**• What are some things your manager can do to support your wellbeing?**

|  |
| --- |
|  |

**• Things that negatively impact you at work.**

|  |
| --- |
|  |

**• How will you know your wellbeing needs are not being met and how will you know what your early warning signs are?**

|  |
| --- |
|  |

**• What measures can you and your manager/supervisor put in place to prevent unmanageable stress and triggers?**

|  |
| --- |
|  |

**• What company health benefits are available at the organisation, and how can you access them?**

|  |
| --- |
|  |