



Wellbeing and Resilience at Work



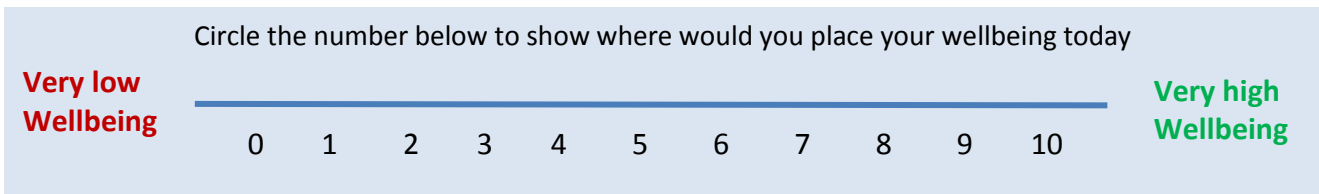
Part 1: Wellbeing

The theme of wellbeing is constantly on the agenda in the workplace. Sounds great, but what does it mean? Do you need it? And if you do - how do you get it?



- It is the state of being or doing well in life.
- Your sense of wellbeing constantly changes as it is a state of mind which depends not only on your thoughts, feelings and actions, but also on what happens to you, the events, experiences and circumstances of your life, including the genes and personality we were born with.

- A real sense of **wellbeing** will help you to feel that you are flourishing and that life is going well for you



The wheel below provides suggested areas relating to your health you can review. Wellbeing is about how you look after yourself, mentally, physically and emotionally and is achieved from an accumulative effect across the whole range of these positive interventions. (More downloads available on: www.isma.org.uk/national-stress-awareness-day/downloads-products.html)



Review your wellbeing score and decide if any of the areas on the wheel could be changed to improve your wellbeing. Small changes **do** make a difference!

| INTERVENTION | ✓ | ✗ | ACTION I WILL TAKE & DATE BY |
|----------------------------|---|---|------------------------------|
| Exercise | | | |
| Healthy diet | | | |
| Healthy weight | | | |
| Not smoking | | | |
| Sleeping well | | | |
| Too much caffeine/alcohol | | | |
| Non-competitive activities | | | |
| 'You Time'/relaxation | | | |

You do have choices in how you manage your health, which is important, because your health today and later on in life is dependent on how you care for yourself now! You cannot change others, but you can change yourself