

WORK
What I do (role),
How I work

TEAM
How we work, Flexible working,
communication, respect for each other.

SUPPORT
How we help each other
How we cope with difference
Help I/we get from managers
Technical and practical help
Resources

**FOR MANAGERS AND
LEADERS**
Presence and use of
leadership qualities

**COPING
(INDIVIDUAL AND TEAM)**
Knowledge of stress etc.
Use of coping strategies (mind,
body, emotions), eating, sleeping
Managing mental health

HOME AND PERSONAL LIFE
Work/life balance, family, partners,
money, where we live etc.
Time spent, motivation
for each area of life

ENVIRONMENT
Physical space etc.,
Transport
Safety and security

**AVAILABLE MENTAL
HEALTH, WELFARE
AND WELLBEING SERVICES
AND ACTIVITIES**

**WORKING
WITH MIGRANTS**

MY WELLBEING TEMPLATE