

MY WELLNESS AT WORK PLAN



What are my good work habits that support my mental health?

What aspects of my job support my mental health? i.e. what parts of my job do I enjoy?

What aspects do I find stressful or challenging for my mental health?

What can I do to reduce the impact of these challenges on my mental health?

What are my indicators that my mental health may be declining?

What action should I take when my mental health needs support?

Who can I talk to in the workplace?

What support is available from my line manager and company to help with my mental health?