Wellness Action Plan

4. How might experiencing poor mental health at work impact on your work?

3. Are there any situations at work that can trigger poor mental health for you?

2. What can your manager do to proactively support you to stay mentally healthy at work?

What helps you to thrive at work and stay mentally healthy? Explore workload, variety of work, relationship with colleagues, regular breaks, line manager

Name: Date:

8. If we notice early warning signs that you are experiencing poor mental health- what should we do?

7. Are there elements of your working style or temperament that is worth your manager being aware of?

6. What support could be put in place to help minimise triggers or help you to manage the impact?

5. Are there any early warning signs that we might notice when you are starting to experience poor mental health?

10. Is there anything else that you would like to share?

9. What steps can you take if you start to experience poor mental health at work? Is there anything we need to do to facilitate them?