

# My Wellness Action Plan

What helps me to stay healthy and look after my wellbeing at work?

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

What hinders or reduces my wellbeing at work?

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

Mental health, emotional, psychological, stress

Occupational and work environment

Personal safety

Cultural and spiritual

Financial

Lifestyle

Physical health, nutrition, rest, sleep, exercise, injury

Home life and caring responsibilities

Social and relationships

Learning and personal growth



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

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

Are there any elements of your working style that it would be helpful for your manager to be aware of?

My wellbeing action plan

Name::

Date created:

Date to review:

Shared with: