

**You may like to use these questions as a way of summarising what helps your wellbeing – and then keep it to hand as a reminder to yourself.**

You may like to share your responses with your manager/colleagues to help them to help you.

Remember, though, they are not there to be a counsellor or a therapist so do ask them beforehand if they would like to have a copy.

1. What do I notice in myself when my wellbeing is good?
  
  
  
  
  
  
  
  
  
  
2. What changes do I notice when my wellbeing is not good?
  
  
  
  
  
  
  
  
  
  
3. What do I need to do if my wellbeing is not good?
  
  
  
  
  
  
  
  
  
  
4. What would I like my colleagues/managers to do?
  
  
  
  
  
  
  
  
  
  
5. What can I do to prevent deterioration in my wellbeing?
  
  
  
  
  
  
  
  
  
  
6. What support is helpful / unhelpful?