

Keeping Well at Work

Summary

This workshop focuses on practice, not policies. Is suitable for all staff. This 3 hour workshop (which will include a short break) covers:

- Wellbeing
- Stress
- Team Resilience
- Individual Resilience

Aims

The aims of the session are:

- 1) To improve understanding of wellbeing and resilience
- 2) To reflect on support available at work
- 3) To consider ways of improving resilience

Content

- Overview of aims and objectives
- Introductions - including asking each participant what they would like to gain from the session
- What is wellbeing?
- What does the organisation already do to support staff wellbeing? What else could be done?
- What is stress? (where required, we can include recommendations on maintaining wellbeing amidst new ways of working)
- What is resilience?
- Group exercise looking at what contributes to team resilience and individual resilience.
- Understanding the role of our own thought processes in our reaction to events
- Activity based on 5 Ways to Wellbeing
- Activity based on Wellness Recovery Action Planning (WRAP)
- Having conversations about mental health with our employer
- Signposts to further support and information
- Review, evaluation form & handouts
- Mindfulness Exercise