



Workplace well-being key takeaways

Fill yourself up first

What is self-care? and how can we start to bring it into our lives? For info on self-care and how to start doing it, listen to Jeanette, Head of Staff Experience for NHS South East Here:

Take a break before you need a break

Don't let yourself hit breaking point. Check-in with yourself even if you feel okay. Roz, Head of Health & Wellbeing at Oxford Health gives advice on self-monitoring here:

You can also use the self monitoring chart below:

Self monitoring chart: Which colour fits you best?

Physical Wellbeing

- Physically well
- Exercising as normal
- Sleeping well and feeling rested
- Eating and drinking as normal

Psychological Wellbeing

- Enjoying leisure activities
- Feeling normally well and able to focus and concentrate
- Interested and curious about what's going on around you

Social Wellbeing

- Feeling connected to colleagues
- Regular meaningful contact with loved ones

Green
If you see yourself mostly here, you're **doing okay**.

Amber
If you're regularly in this zone, it's time to do something as your wellbeing is **at risk**.

Red
If you are experiencing difficulties in this zone, it's time to **stop and act**.
Call 0800 145 6568



Staff Mental Health & Wellbeing Hub
Free, fast and confidential support and guidance for health and social care staff

You can't pour from an empty cup

Support is available: Penny for X gives you the latest on NHS staff well-being resources:

Check out the well-being resources below:

- [NHS England » Staff mental health and wellbeing hubs](#)
- [NHS England » Looking after you: confidential coaching and support for the primary care workforce](#)
- [NHS England » Wellbeing apps](#)

