

NHS Wellbeing action plan



Managing my health and wellbeing

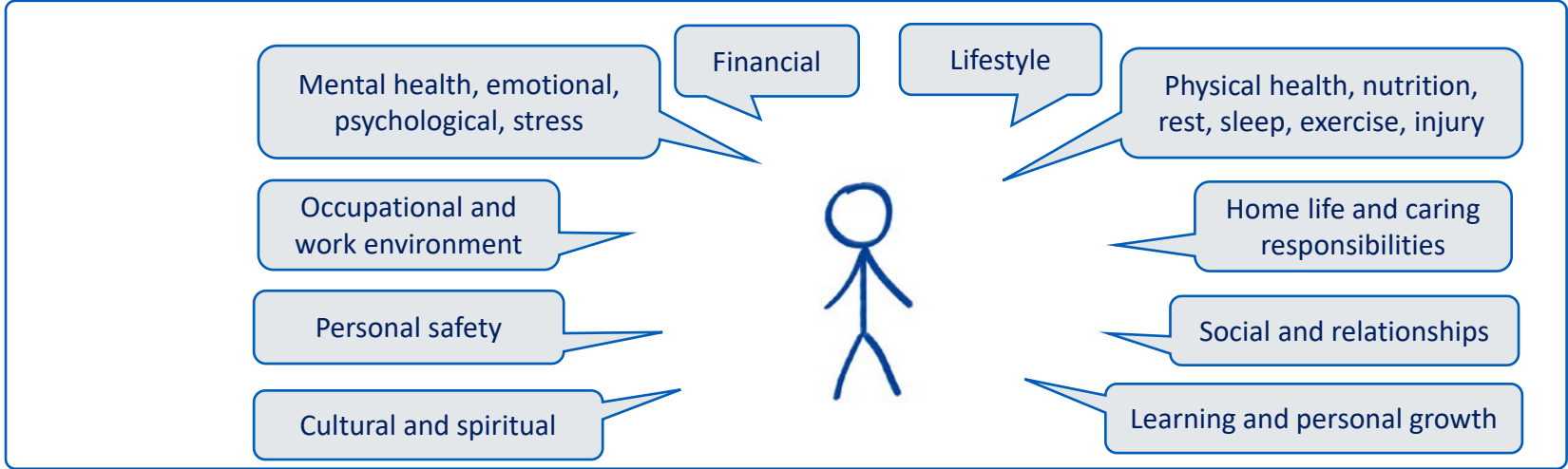
What helps me to stay healthy and look after my wellbeing at work?

What usually works for me to maintain and/or improve my health and wellbeing?

What hinders or reduces my wellbeing at work?

What steps can I take if I start to feel unwell in myself?

Aspects of my health and wellbeing to consider



Helping others to help you

What situations or factors trigger poorer health and wellbeing for me? Are there early warning signs others should be aware of?

What could be put in place at work to help me manage these triggers for poorer wellbeing? How can others help me?

My wellbeing action plan

Actions to maintain and improve my health and wellbeing include:

- ✓
- ✓
- ✓

My manager, team and my organisation can support me by:

- ✓
- ✓
- ✓

Name:

Date created:

Date to review:

Shared with: