



Embedding wellbeing at work

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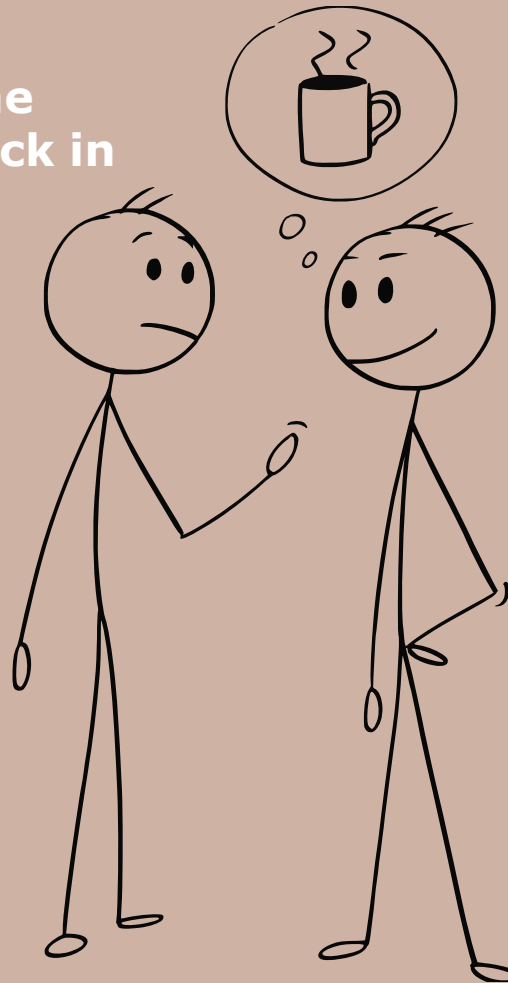




Ask how people are...

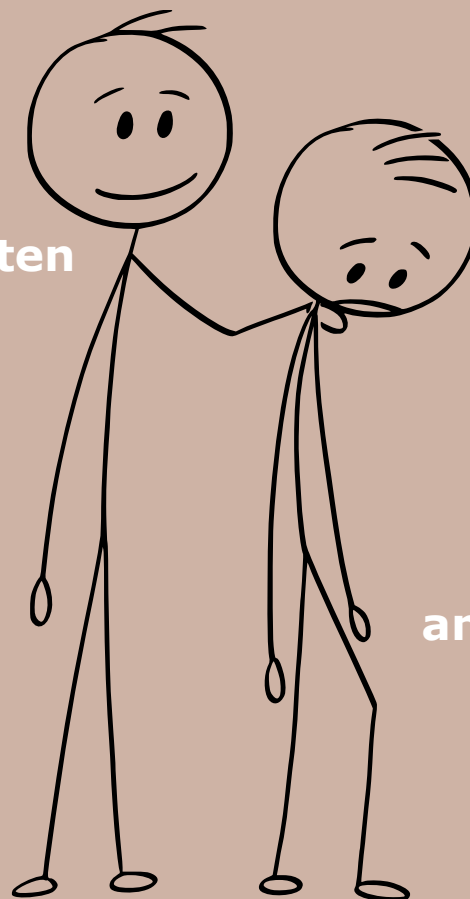


**Not just the
casual check in**



**when you don't
want to hear
the answer**

Be prepared to listen



and offer support



Think about ways to

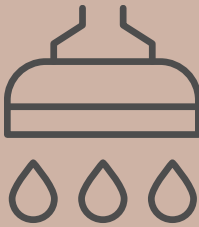


encourage the conversation



What's in your stress container? MHFA

Stress flows into the bucket



If the bucket overflows problems develop 'snapping'



Bad coping =
tap not working so
water fills the bucket



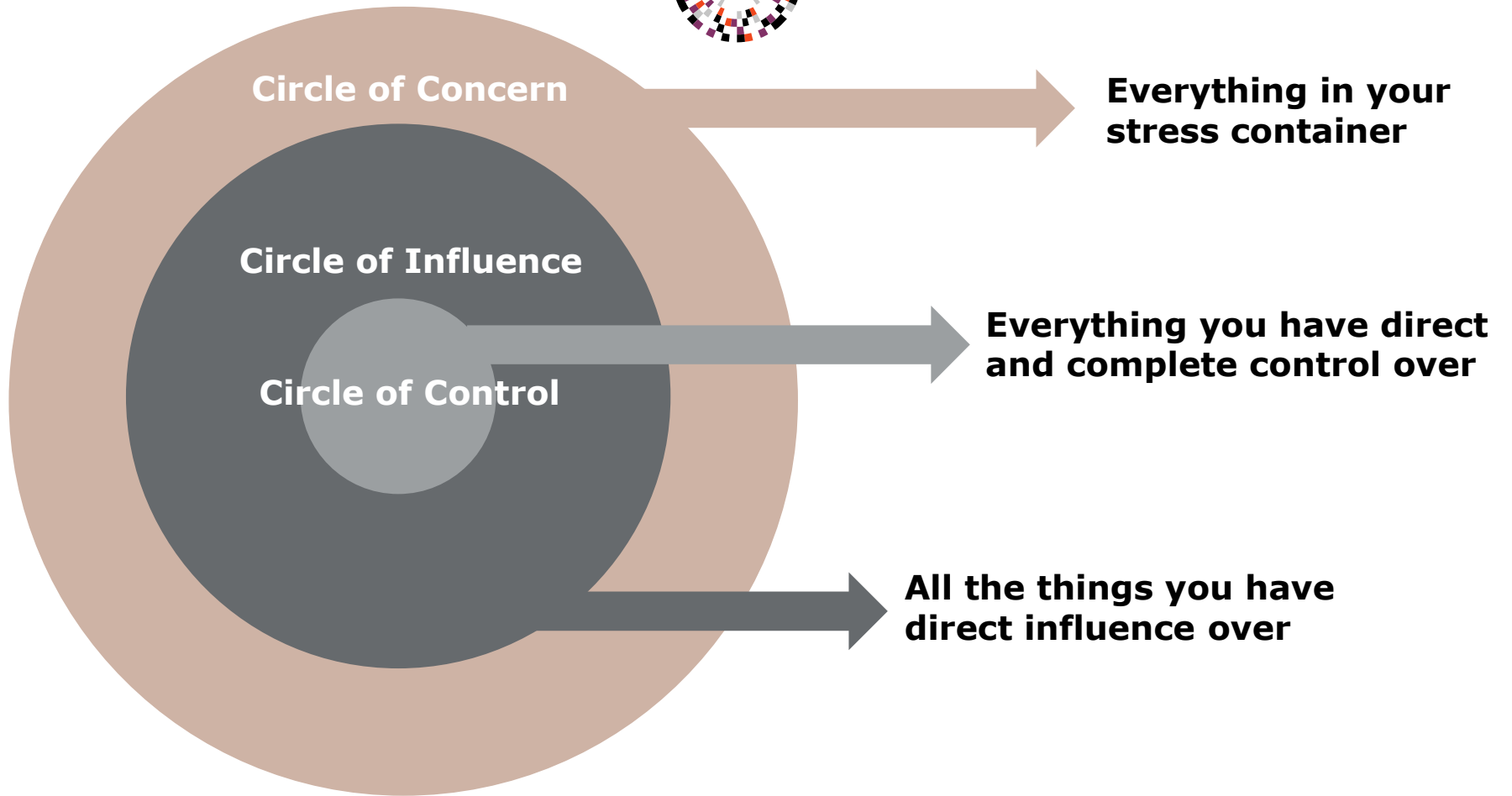
Good coping =
tap working let
the stress out



Vulnerability is shown by the size of the bucket



Tips for your Team: What's in my control?





Take 5: Things to discuss



Give



Keep learning



Be active



Connect



**Take notice
(mindfulness)**



Things to consider

- Consider the MIND wellness action plan approach building into review times
- Consider having Mental Health First Aiders
- Using different communication techniques zoom, phone, face to face
- Ability of people to hide when working remotely

