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| **Name** |  |
| **Position** |  |

It's important that we feel mentally healthy, safe and valued at work, so we can perform at our best. This wellbeing & self-care plan is designed to facilitate supportive conversations between you and your supervisor to ensure you feel supported to maintain your wellbeing at work. The information shared will remain confidential.

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| **REFLECT** | | |
| Use this section to reflect on how you are currently tracking in regard to your health and wellbeing | | |
| **How would you rate your current wellbeing?**  (1 = poor, 10 = excellent) | |  |
| **What are your currently doing to support your wellbeing?** | |  |
| **Are there any challenges you would like to discuss?** | |  |
| **WELLBEING FOCUS** | | |
| Use this section to identify the areas you want to focus on during the next 12 months  For example:   * Work/life balance, maintaining boundaries, switching off at home * Physical health (e.g., sleep, diet, exercise) * Maintaining perspective, managing unhelpful thoughts, negotiating priorities * Making time for activities you enjoy, helping others, practicing mindfulness | | |
| **Wellbeing focus #1** |  | |
| **Wellbeing focus #2** |  | |
| **Wellbeing focus #3** |  | |

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| **SUPPORT** | |
| Use this section to identify how we can support you to achieve your wellbeing goals | |
| **Supervisor Support**  What can I do to support you to achieve these goals?  e.g., checking in and providing encouragement, noticing signs of overload, linking you to support and resources  Are there any common early signs of overload or stress you would like me to be aware of? How would you like me to provide support if I notice these? |  |

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| **COMMENTS** | | |
| Use this section to capture any further comments or recommendations | | |
| **Staff Member** |  |
| **Supervisor** |  |