**Managing 5-ways for Team Wellbeing**

Look at the concepts below and tick the things you and/or your team are already doing in each area. Rate yourself and/or your team then commit to encouraging action in at least one area, for yourself and your team.

1. **CONNECT**…. 2. **BE** **ACTIVE**…. 3. **TAKE** **NOTICE**….. 4. **KEEP LEARNING**….. 5. **GIVE** …..

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| **CONNECT** | **What do I already do?**  Eat lunch with others  Attend afternoon teas, social drinks or employee interest groups  De-brief with colleagues when feeling stressed  Check in with others during times of increased stress or change  Take time each day to be with family or friends  Arrange outings with friends you haven't seen for a while  Switch off the TV and play a game with the children/friends, or just talk  Make the effort to phone people  Take time to speak to new people  Skype or FaceTime to stay in touch with friends and family  Other Click or tap here to enter text. |
| Crying face with no fillSmiling face with no fill**How would I rate myself?**  1  2  3  4  5 |
| **My plan to connect more is:** Click or tap here to enter text. |
| **BE ACTIVE** | **What do I already do?**  Exercise moderately 3 times a week for 30 – 60 minutes each time  Walking meetings  When stressed take a short walk outside  Walk over and talk to a colleague in person rather than phone or email  Organise a sporting match or tournament at work  Take the stairs rather than the lift  Cycle or walk to work  Other Click or tap here to enter text. |
| Crying face with no fillSmiling face with no fill**How would I rate myself?**  1  2  3  4  5 |
| **My plan to be more active is:** Click or tap here to enter text. |

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| **TAKE NOTICE** | **What do I already do?**  Try not to dwell on what just happened or plan excessively for what’s coming up  Focus on the here and now  Focus on your breathing, sounds or sensations to ground yourself in the moment  Use apps to learn/practice mindfulness e.g. smiling mind  Have a regular time to practice mindfulness e.g. journey to work or a walk at lunchtime  Try new things, sit in a different seat in meetings or go somewhere new for lunch  Yoga, meditation, tai-chi  Other Click or tap here to enter text. |
| Smiling face with no fillCrying face with no fill**How would I rate myself?**  1  2  3  4  5 |
| **My plan to take notice more is:** Click or tap here to enter text. |
| **KEEP LEARNING** | **What do I already do?**  Take on a new role or responsibility at work  Develop new interests  Take a class or a course  Learn to cook a favourite dish  Visit a gallery or museum and learn about a person or time in history that interests you  Set yourself a DIY project (there are lots of free video tutorials online)  Other Click or tap here to enter text. |
| Smiling face with no fillCrying face with no fill**How would I rate myself?**  1  2  3  4  5 |
| **My plan to keep learning is:** Click or tap here to enter text. |
| **GIVE** | **What do I already do?**  Join a community group or volunteer  Give gifts of time, do small acts of kindness, help others  Notice when colleagues do good things  Encourage a culture where everyone’s contribution is recognised and valued  Join national campaigns and work with colleagues to fundraise and contribute  Say thank you to someone, for something they’ve done for you  Phone a relative or friend who needs support or company  Ask a colleague how they are and really listen to the answer  Sign up to a mentoring project  OtherClick or tap here to enter text. |
| Smiling face with no fillCrying face with no fill**How would I rate myself?**  1  2  3  4  5 |
| **My plan to give more is:** Click or tap here to enter text. |