

10

REASONS WHY EVERY EMPLOYEE SHOULD HAVE A WELLNESS ACTION PLAN

helpful tips for managers

1. PROACTIVITY

It is a simple but effective tool that encourages staff to proactively look after their mental health and wellbeing.



2. SIGNS & SYMPTOMS

They support staff in helping them become more aware of the early warning signs of poor mental health.



3. SUPPORT

They are a great tool that can be shared with colleagues so that staff can get the best support available to them.



4. PROGRESS

They can continuously be worked on, improved and developed.



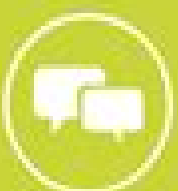
5. ACTION

They encourage staff to take action when it comes to looking after their physical and mental health and wellbeing.



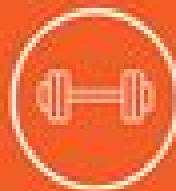
6. RESPONDING

They encourage staff to put plans into place for dealing with stress and/or mental health problems.



7. MENTAL FITNESS

They encourage staff to have awareness and identify what keeps them well and what caused them to become unwell.



8. TRIGGERS

They help staff become more aware of triggers that could lead to stress or poor mental health.



9. COLLEAGUES

They help staff to understand how best to support their colleagues to stay mentally fit.



10. CULTURE

They are a positive step towards building a mentally healthy culture.



Skills For Wellness Health

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