

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.



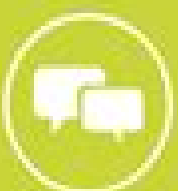
5. ACTION

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



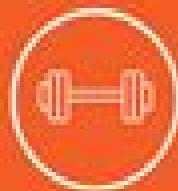
6. RESPONDING

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

Camilla Rothe



Skills For Wellness Health:

The Enigmatic Realm of **Skills For Wellness Health**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Skills For Wellness Health** a literary masterpiece penned by a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those that partake in its reading experience.

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