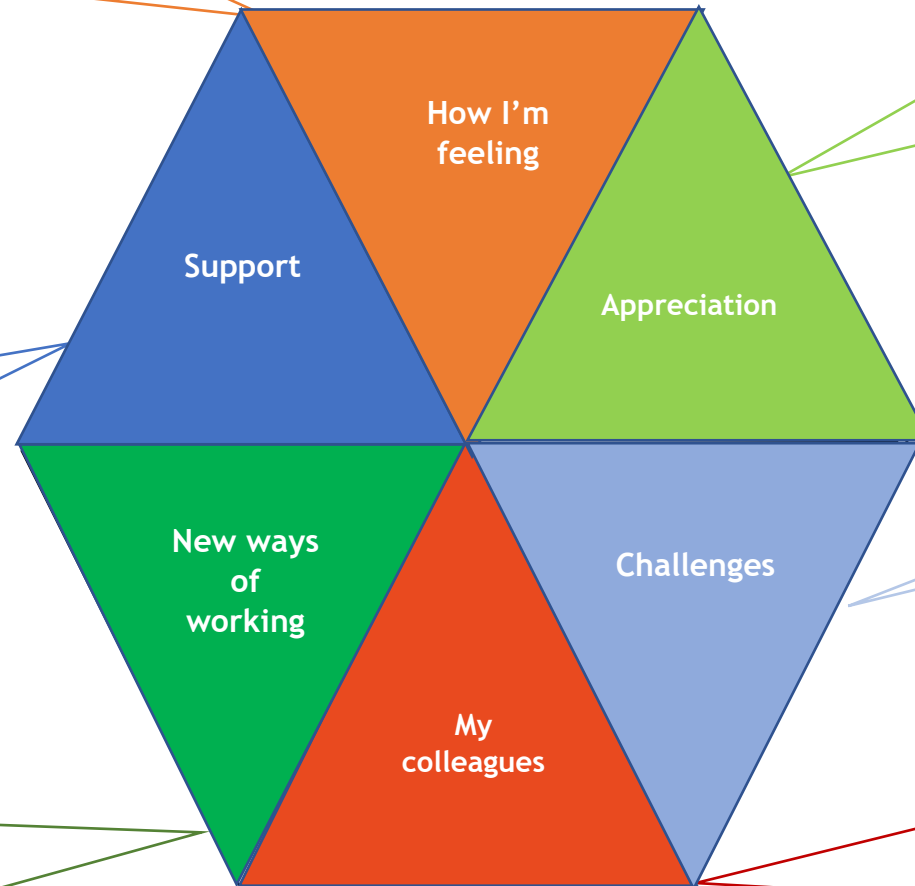


## Wellbeing Check-in Tool

A tool that can be used for self-reflection or a 1:1 conversation with your manager. Choose which topics and questions you most want to focus on. Pick, mix and personalise.



How are you and those you care about? (it's ok not to feel ok)

How are you looking after your mental health?

How are you looking after your physical health?

What changes could you make to support your wellbeing?

What has gone well today/this week?

What have you appreciated about yourself or someone else?

Support

Appreciation

What is one thing that could help you feel more supported?

Who else could you ask for help?

What feels the most difficult or worrying just now?

What of that is within your control?

What might you need to accept or let go of?

New ways of working

Challenges

How are you adjusting to new ways of working and communicating?

How is your work/life balance?

What new daily routines could you build into your day to support your wellbeing?

How connected are you feeling to your colleagues and wider support network?

What could help you feel more connected to your colleagues?

Who could you check in on or help?