

Workplace Wellbeing: Overview

It is important to be aware of your own Workplace Wellbeing as improving this can help you feel happier in your work environment. Through prioritising your wellbeing, you may see reduced illness, improved morale and outlook as well as greater productivity, enhanced performance and an overall sense of achievement.

Everyone has mental health and wellbeing

A person's wellbeing can be divided in different sections and each one affects how we can maintain a healthy lifestyle.



Factors that could impact your wellbeing include but not limited to:



When it comes to wellbeing, there are many resources available that can support you and give you guidance. You can find these by searching online however, it may also be useful to contact your manager, in case your workplace offers additional resources. One useful tool to use to support yourself can be apps – below is just a handful of apps that may help you to start prioritising your wellbeing:

Hub of Hope uses your location to find support services that are local to you

Mood Panda is an interactive mood diary

Pacifica Described as being more than a meditation app

Headspace is a great introduction to mindfulness and meditation

Stay Alive has helpful resources, phone numbers, breathing techniques and strategies for staying safe from suicide.

Ways to support your Workplace Wellbeing

Supporting your own wellbeing within the workplace can seem like a daunting task, especially if you aren't aware of where to start however, you can start to improve your wellbeing with a few 'quick wins.' Below are some ideas to get you started.

Place plants in your work area. You can even add a personal touch with the pot you choose

A study published in the Journal of Physiological Anthropology found that plants in your home or office can make you feel more comfortable, soothed, and natural. Researchers concluded that working with plants could reduce both physiological and psychological stress. *1

Let more light in

Exposure to natural light helps our bodies produce Vitamin D, improves our circadian rhythms and sleep patterns, helps us to focus, enables us to get more done, and even makes us happier. *2

Take regular breaks

Regular changes in activity will allow your mood to reset, and you can return to problems feeling refreshed.

Make yourself aware of the support available within your organisation, who to turn to if you need support as well as escalation procedures

Understanding what support is available through your organisation not only helps you to know where to turn to if you need support, but it also means if a colleague opens up to you about their own wellbeing you can signpost them to someone who can support them within your organisation.

Set work boundaries for a better work life balance

For example, if you work until 5pm, switch your work phone off at 5pm so that you aren't answering work queries in your own time. Make sure you communicate this to your manager, so they know not to contact you outside of hours.

Talk to your manager if you need support/guidance

We understand that conversations around your wellbeing aren't always easy, but by reaching out to your manager you are giving them a chance to put procedures in place to better support you while within the workplace. They will also be able to make you aware of any additional support you may be able to receive.

1. <https://www.healthline.com/health/healthy-home-guide/benefits-of-indoor-plants#7-benefits>
2. <https://www.cantifix.co.uk/blog/what-are-the-benefits-of-natural-light/>

THREE THINGS TO REMEMBER WHEN USING THIS GUIDE

1. If you need urgent support, please reach out to your relevant emergency services
2. If you are unsure if you can participate in any suggested activities, please consult your GP or relevant expert
3. Research your local support services so you have them to hand.

