



Build own knowledge

Read a book / download a guide / attend a course e.g. mental health, mindfulness, stress management

The Stress Bucket

The stress bucket is a powerful analogy that explains way we all react differently to stress and what can we do to manage it. Encourage discussion and get others to share their coping strategies.

WRAPs

A Wellness Recovery Action Plan (WRAP) can help employees to actively support their own mental health. Share these with others and encourage completion.



Create time to talk about wellbeing

Everyone has mental health and wellbeing so encourage activities so it becomes part of the culture e.g. getting others to engage in the 5 ways to wellbeing or top tips

Become familiar with support

Look over the "I need support" page on the staff wellbeing site so you can signpost to others.



What can we support the wellbeing of others?

Manager Support

If you are a manager visit the dedicated page on the staff wellbeing site.

Keep perspective

Everyone has good and bad days. Happiness and wellbeing are personal to each individual. Striving to support everyone is difficult and we won't have all the solutions. The key is to aim to be positive and offer support wherever possible

Who can you talk to?

It can take its toll on us if we are always supporting others. Make sure you have your own support network to call upon if you need a chat e.g. a colleague or friend.

Self-care

It's important to look after yourself if supporting others so think about what's good for your wellbeing e.g. having your own coping strategies for stress, engaging in the 5 ways to wellbeing.



Staff Wellbeing Site: <https://portal.shu.ac.uk/departments/wellbeing/Pages/Wellbeing.aspx>