



### 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.

### Top Tips

There are lots of [top tips](#) on the staff wellbeing site that you can share with others



### Create time to talk about wellbeing

Everyone has mental health and wellbeing so try to encourage more activities so it becomes part of the culture e.g. getting others to engage in the [5 ways to wellbeing](#) and share what they have done

### Manager Support

If you are a manager visit the [dedicated page](#) on the staff wellbeing site.



## How can we support the wellbeing of ourselves & others?

### Become familiar with support

Look over the "[I need support now](#)" page on the staff wellbeing site so you can signpost to others.

### 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.

