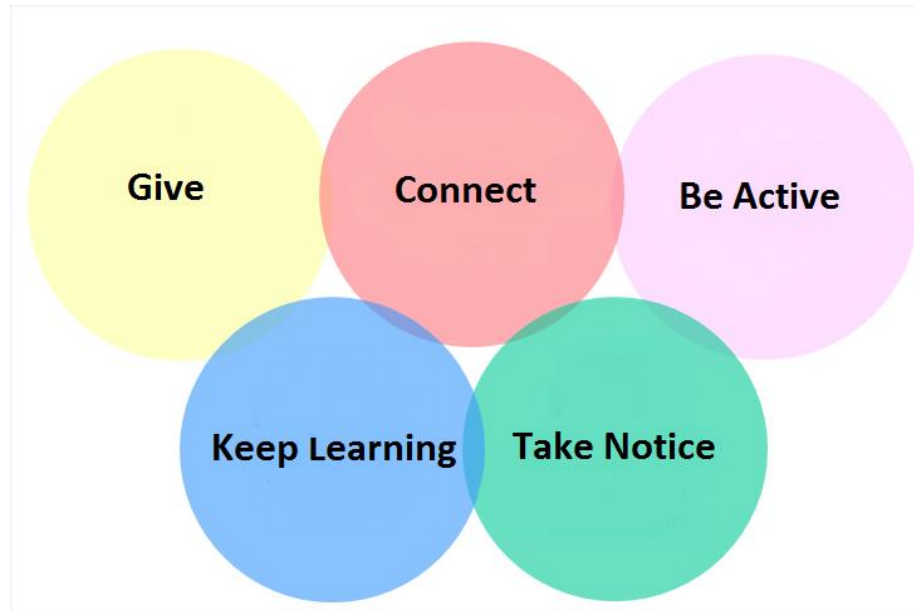


| Wellbeing & Stress Management

| *Laura Humphreys (People Development Advisor)*





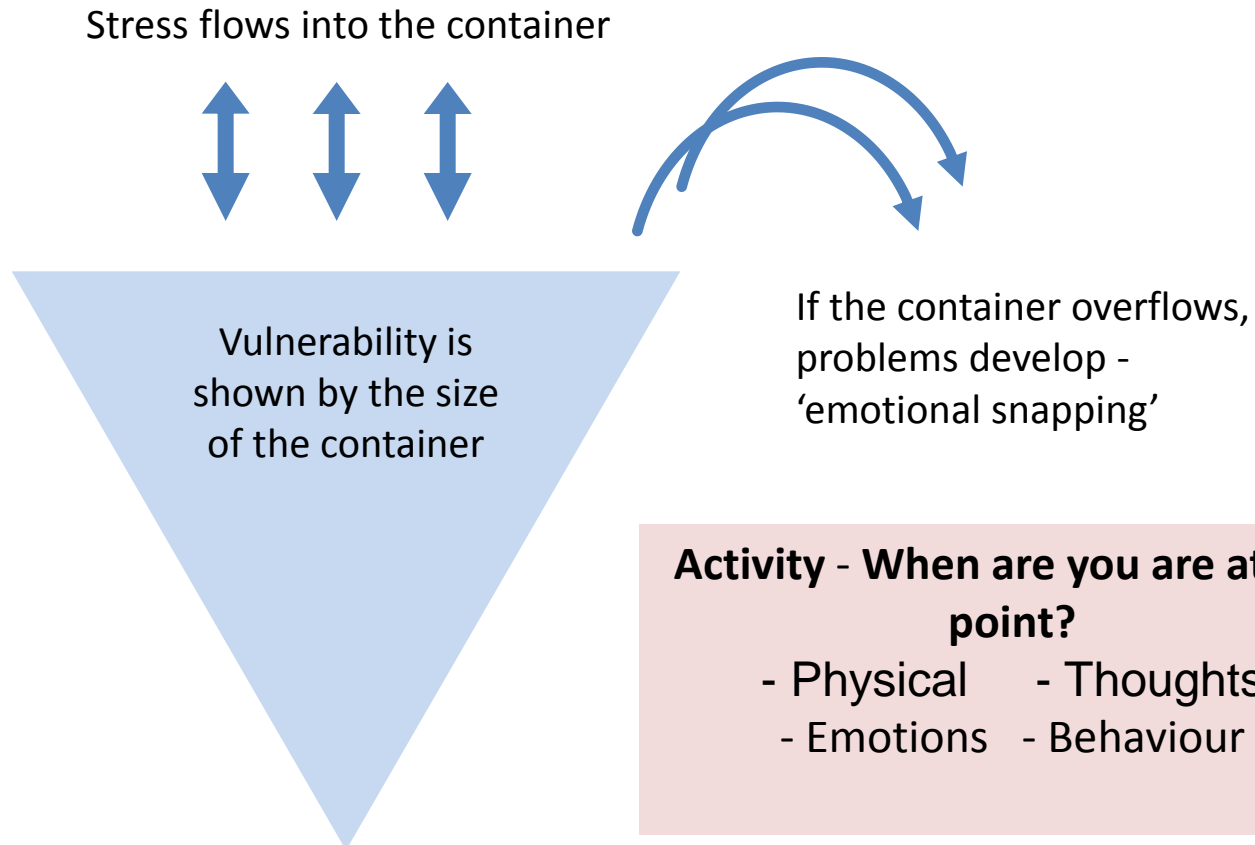
Managing stress levels in
your team / promoting
mental wellbeing

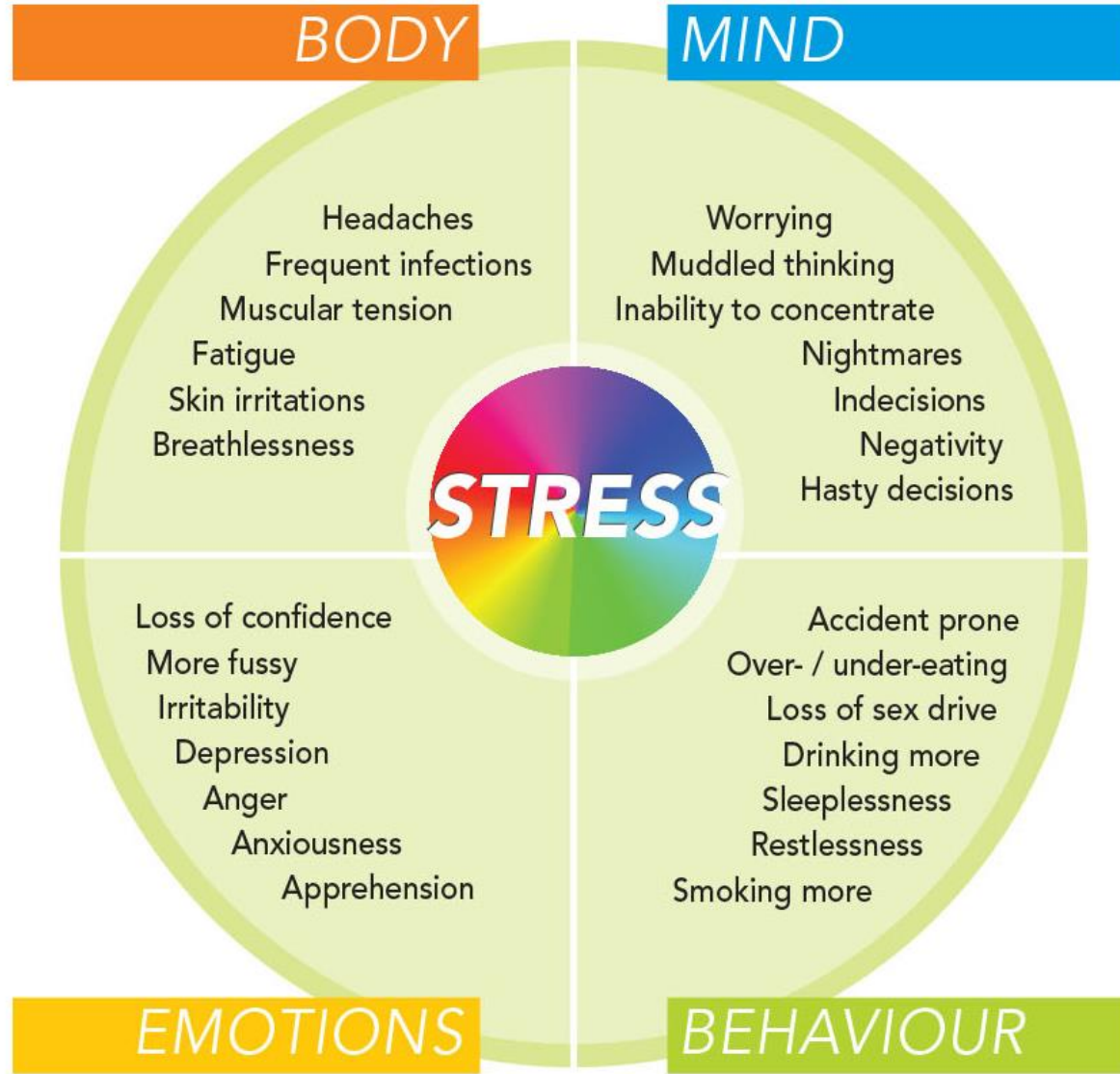
Looking after your own
stress levels & wellbeing

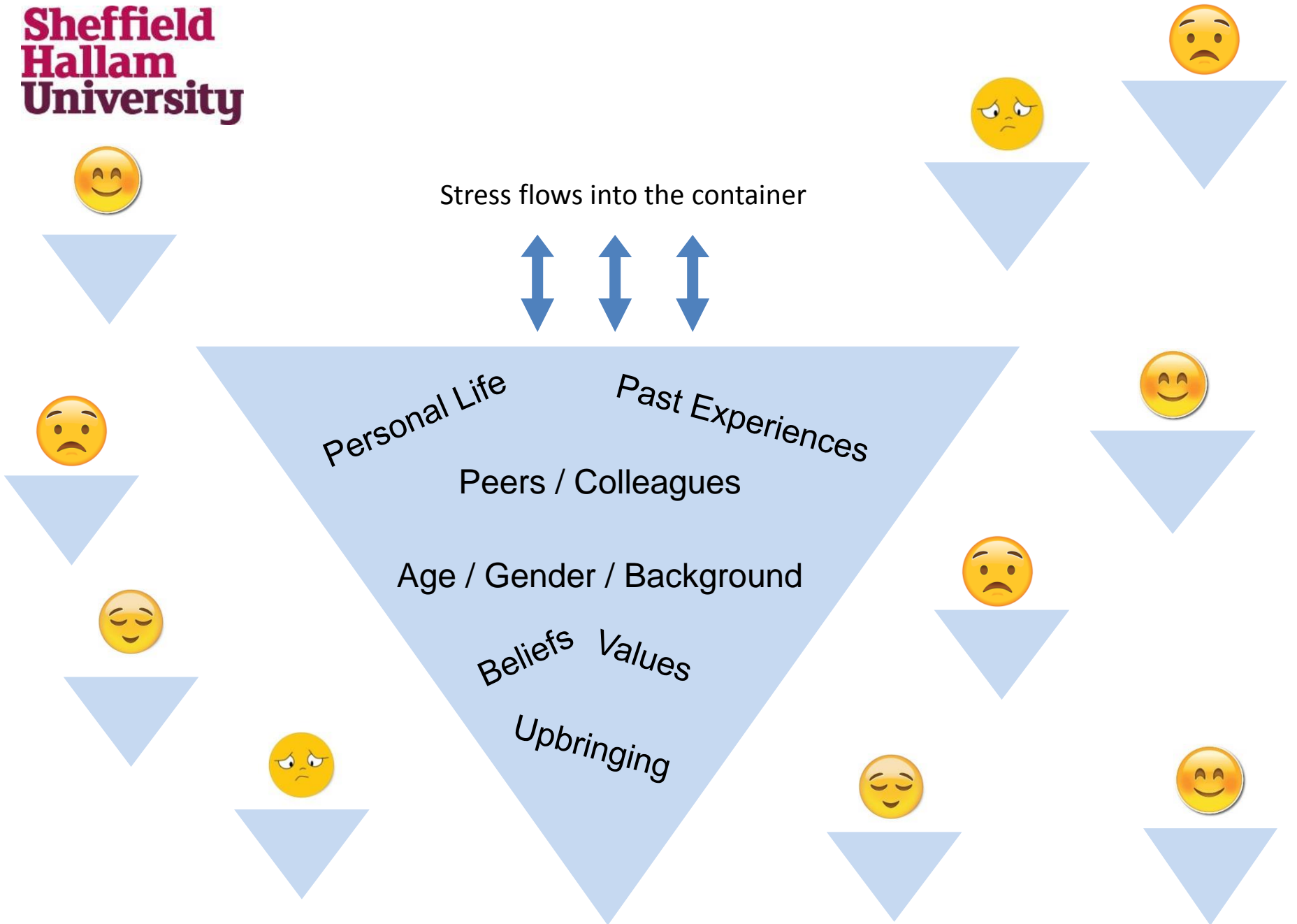
What is stress?

'the adverse reaction people have to excessive pressures or other types of demands placed on them'

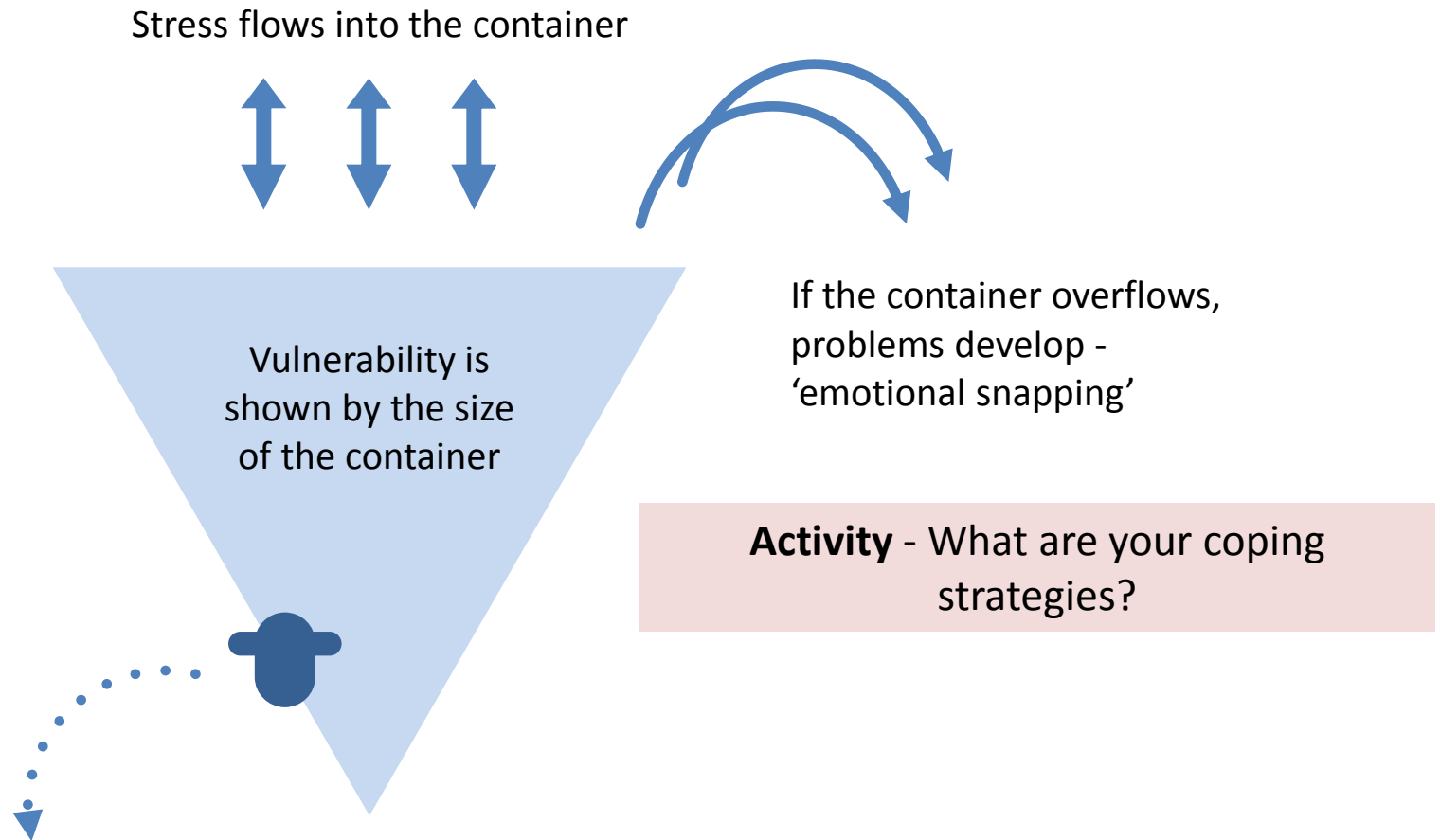
Stress Bucket







| Stress & Mental Health



Helpful coping strategies = tap working, lets the stress out

Unhelpful coping strategies = tap blocked, so water fills container and overflows

Activity: What can you do to support the wellbeing of others ?





Remember the Stress Bucket

Build own knowledge

Wellness Action Plans (WAP)

Create time to talk about wellbeing
e.g. 5 ways to wellbeing

Wellbeing site - Manager Support

Become familiar with support

Keep perspective

What can we support the wellbeing of others?

Who can you talk to?

Self-care

Show empathy





Further Resources

Staff Wellbeing Site:

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

Mental Health Hub:

<https://portal.shu.ac.uk/departments/WellBeing/Pages/Mental-Health-.aspx>