my everyday wellbeing
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Wellbeing leaders' guide

Creating a wellbeing toolkit

In today's fast-paced world, prioritising personal wellbeing is essential for a balanced and fulfilling life. Creating a personal wellbeing toolkit is one way of helping us to cope better with unexpected stress and pressures – big or small.

A personal wellbeing toolkit includes actions and strategies that are meaningful to each person, and can include things like the practice of mindfulness, engaging in regular exercise, seeking out social connection, healthy eating habits, enjoying hobbies along with other self-care practices that can boost overall wellbeing.

Challenge objective:

In this challenge we are encouraging staff to identify actions that make sense to them, and prioritise self-care, thereby improving quality of life and ability to cope with stress.

How to Run the Challenge

Make it happen!

Here are some ideas of how to promote the building of wellbeing toolkits in your workplace this month:

- This is the perfect opportunity to promote all the tools and resources found in *My Everyday Wellbeing.* A fantastic addition to everyone's toolkit.
- Book Tim to present to your staff on **'How to create a personal wellbeing toolkit'**
- Encourage and create a safe space for self-reflection. If possible, allocate time to identify the strategies that could work best for each person. Provide opportunities for your employees to discuss their experiences and share their insights with colleagues.
- Lead by example: Model the importance of self-care and wellbeing practices as an organisation. This could include providing healthy snacks in the office, encouraging regular breaks, and promoting a healthy work-life balance.

***My Everyday Wellbeing* is here to support you.**

For additional resources or guidance, please contact your Partnership Manager.



Event suggestions

A fun and interactive event to be considered is a "Wellbeing Fair", a fun event where staff explore different wellbeing practices and learn more about what works for them, while also fostering a sense of community and social connection.

The event could include a range of activities such as guided meditation or mindfulness sessions, nutritional talks or cooking demonstrations, massage or relaxation sessions, art therapy or colouring or stands on mental health, stress management, and other wellbeing topics.

Allow staff to move around the different activities at their own pace and participate in those that interest them the most. The event could also provide free healthy snacks and drinks to encourage a focus on healthy habits.