

achieve those outcomes. This includes your health and well-being.

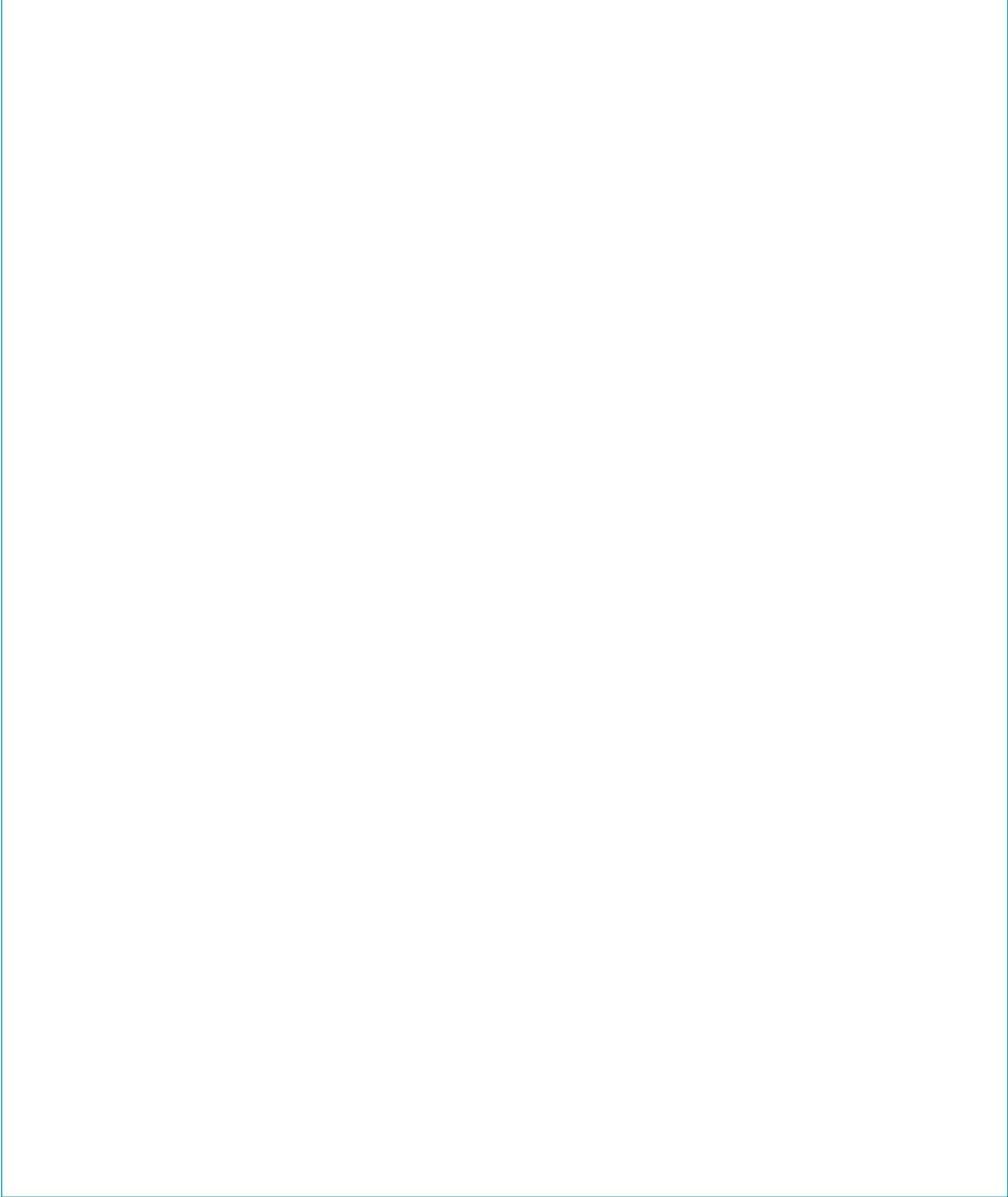
how those results are achieved. Prioritising work delivery

own health and well-being, can send the message that



The line manager sets the mood and tone of the work environment and can therefore make or break a culture of well-being. As such, as a manager you are one of the most

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You will get the results you set yourself up to achieve.

do when no one is looking.





I am not really making	my head above water but concerned how long I can		
I am falling behind in my work. Some days I struggle to get anything much done.	I am not really myself or how I would like to be.		
feeling better.	I feel frustrated with my role and work situation a fair amount of the time.		
trouble with maintaining	I notice I am more irritable		
am feeling, thinking and communicating.	I am more irritable and critical with myself – the		
I notice I am irritable/	the moment.		
and towards myself.	I have noticed in my health, my mind and body, some		
I am struggling. I feel overwhelmed and or stressed, anxious or worried	health.		
my usual myself.	I have started to lose or have lost my health and well-being		
I feel stuck and not able to bounce back from some of the challenges at work.	I feel frustrated and		
I feel like I am on edge of not	in my working life, and not		
regulating my emotions, thinking clearly and making decisions.			



What are your goals for this year?

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<p>and</p> <p>high cumulative stress and/</p> <p>nothing to feel shame about either, but you do need to</p> <p>over the next weeks, months and years.</p>			



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changes in them.

- Build your knowledge and awareness to combat mental health stigma and discrimination
- Learn how to recognise early signs in yourself and in others - start a conversation.

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challenges in life

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Start with yourself.

use this workbook.

you manage.

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- and leaders.
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