

II-being ion and



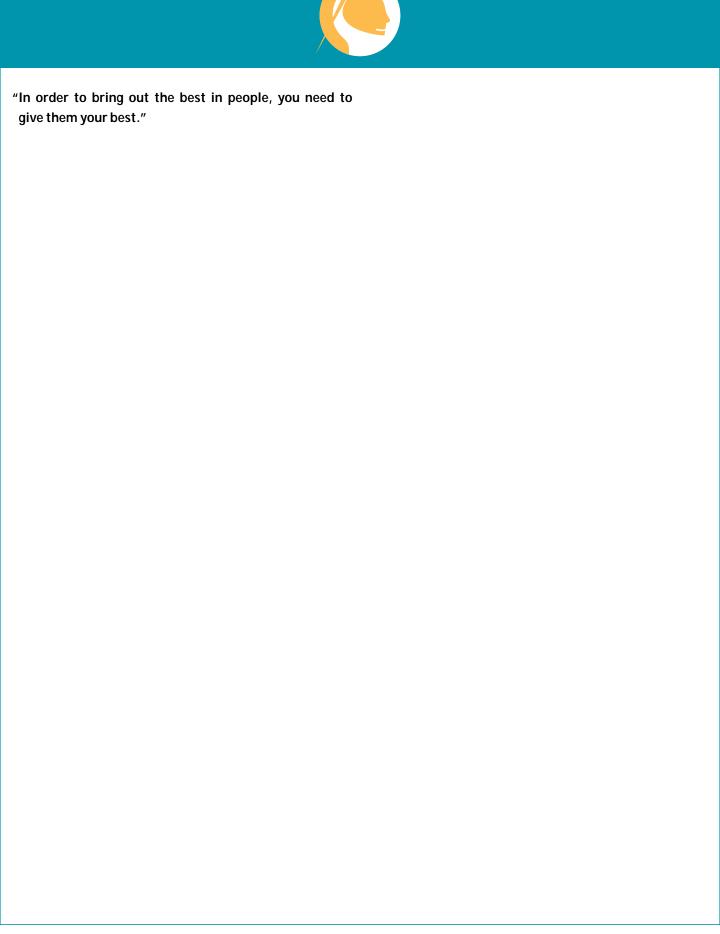
PERSONAL WELL-BEING AND MANAGING STRESS FOR MANAGERS AND LEADERS

FACTSHEET 1: WHY IS MENTAL HEALTH AND WELL-BEING IMPORTANT?

how those results are achieved. Prioritising work deliv-

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

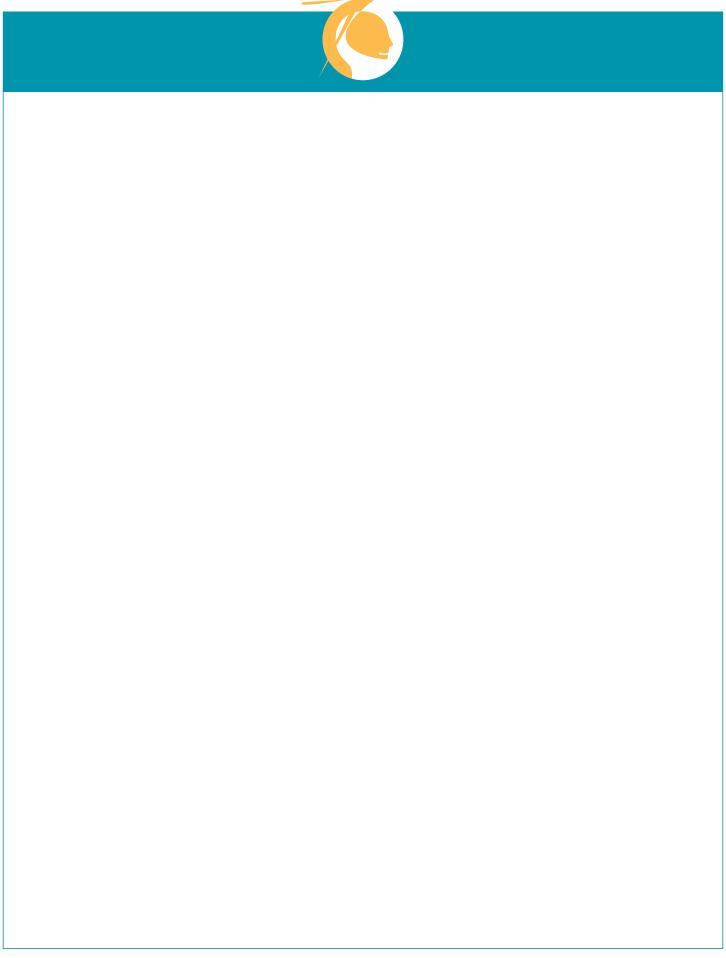
The line manager sets the mood and tone of the work environment and can therefore make or break a culture of well-being. As such, as a manager you are one of the most





PROMOTING WELL-BEING, AND MINIMISING STRESS, MANAGING MENTAL HEALTH IN THE WORKPLACE You will get the results you set yourself up to achieve

	Tou Will get the results you set yourself up to defleve.
do whom no one is to strice	
do when no one is looking.	



Struggling - Languishing	Frustrated - Coping	Doing OK - Performing	Successful- Thriving
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. I have noticed in my health, my mind and body, some		
and towards myself.			
I am struggling. I feel overwhelmed and or stressed, anxious or worried	health. I have started to lose or have lost my health and well-being		
my usual myself.			
I feel stuck and not able to bounce back from some of the challenges at work.	I feel frustrated and in my working life, and not		
I feel like I am on edge of not			
regulating my emotions, thinking clearly and making decisions.			

	WHAT SHOULD YOU BE DOING?					
Struggling - Languishing	Frustrated - Coping	Doing OK - Performing	Successful- Thriving			
Seek advice NOW and	Inr6.4 66 (1EbEe% (1602D57 2076)	059 2 8 080 843 (5)1 03 9)2) 2 6.2 ([J(5)8.	2.2 ()61 ()5 (;) 3.8 (6.] / /TT O Tf3,-2)2	13.8 (6.m!		
high cumulative stress and/						
nothing to feel shame about either, but you do need to						
over the next weeks months						
and years.						
nothing to feel shame about either, but you do need to over the next weeks, months						



SUMMARY OF KEY MESSAGES AND STEPS WELL-BEING GOOD HEALTH STRESS MENTAL changes in them. **HEALTL** 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. challenges in life



FACTSHEET WORKBOOK - TAKE ACTION

Start with yourself.

Where are you now/over past month

REFLECTION 1: LEADERSHIP & MANAGEMENT STYLE
use this workbook.
you manage.
I would describe my current leadership and management style/s as
I would like to be recognised for this styles
My leadership and management styles has changed over the past 5 years in these ways:
•
•
My "style" and my impact as a role model for good health and well-being has impacted on the workplace in the following ways:
•
• The type of feedback I get is:
•
•
•



REFLECTION 2: DISCRETIONARY EFFORT 3. thriving in your role? Has this changed recently/ in the past 6 weeks? How important to the work of the team, Department, Division or your organisation is the discretionary reducing or keeping the same

