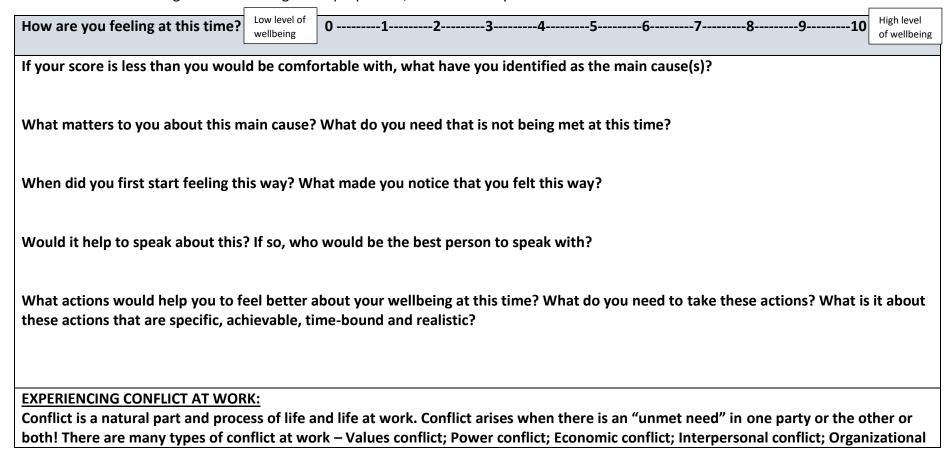
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My Wellbeing; Your Wellbeing; Our Wellbeing

This format is a reflective tool to allow you to consider how different aspects of your work are impacting on your emotional life at this time. It also provides the basis to articulate some of the emotional impact that changes at work are having on your performance and wellbeing and to discuss this with a colleague or line manager in a purposeful, structured way.



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conflict; Environmental conflict; and there may be others. As we work through unprecedented times, conflict will arise; so how will we deal with this productively and support our individual and collective wellbeing:						
What is the need that is not being met in the current circumstances?						
How realistic is it that this need can be met?						
Are there competing priorities that are preventing this need being met?						
Who needs to know about this unmet need and its impact on your wellbeing?						
How would you like to communicate this so that the "receiver" of the message receives it in the best way possible?						
DISCUSSION AROUND GUIDING PRINCIPLES:						
Where do you feel that Guiding Principles are leading practice, actions and behaviours which support your wellbeing?						
Where do you feel that Guiding Principles are impacting negatively on practice/traded-off with others which affects your performance/wellbeing?						
Safe Safe	Fair and Ethical	Clear	<u>Realistic</u>			

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What are you noticing about your own thoughts, behaviours and attitudes that are recurrent and keeping you feeling "stuck"?			
Have you felt similarly before, in a different context? What supported you then to feel better? What would support you now?			
What clear actions would support you now When will you take this forward? Who do you need to speak with?	w?		
What would be a helpful reframe if action cannot be taken directly? When might you see a resolution to this situation? What can you do in the meantime to support your wellbeing?			
,	Low level of wellbeing	08910	High level of wellbeing
Reflections on how score can increase or o	on any in	nsights that you have experienced:	