

Supporting our Well-Being at Work



Wellness is not a state of being but a state of action!

What do we need to be healthy at our workplace?

- Healthy relationships and a sense of belonging
- Meaningful work
- Joyful moments together
- Healthy workload
- Work-life balance
- Mutual respect
- Appreciation
- Recognition
- Getting the support you need

Anything
else?



Reflection activity:

Write down all the tasks you have to do on a daily, weekly or monthly basis?

What's getting in your way? What is one thing you can do to get more of the stuff that fills you with joy and meaning?

let go of?

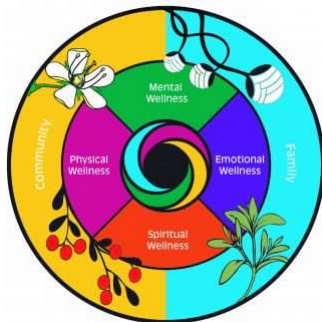
If you didn't let go of that, what else would you spend more of your time doing?

Circle the things you would like to do more of.

Video: It's Not about the Nail

<https://youtu.be/-4EDhdAHRog?si=lmsD6QM-g01TNYU4>

How can we boost
taking care of
ourselves and each
other



SELF-CARE DAILY CHECK-IN

FEEL

HOW AM I
FEELING TODAY?

NEED

WHAT DO I NEED
TODAY?

GRATITUDE

WHAT AM I
GRATEFUL
FOR TODAY?

WANT

WHAT DO I WANT
TO ACCOMPLISH
TODAY?

AFFIRM

TAKE A MOMENT
TO AFFIRM
YOURSELF

BREATH

TAKE A MIN TO
BREATH AND
GROUND YOURSELF

What are your languages of love at work?

A

When someone takes time to notice or appreciate my work or efforts, I really feel great!

B

When someone spends time chatting with me to get to know me better or invites me for a shared break.

C

When someone gives me a pat on the back, high five or hug. My cup gets filled!

D

When someone takes something off my plate or does a task to help me. I really appreciate that.

E

When someone leaves me a little note, small treat or makes me a cup of tea, I feel happy.

A- Words of affirmation / B- Quality Time / C-Physical Affection / D- Acts of Service / E - Gifts

Think about why you chose the work you do?

What holds meaning for you and what brings you joy?

Practice listening without fixing

Be intentional about filling your cup and those of others

Let's keep taking care of each other so we can continue to build resilient children, youth and families together.

