

# PROBLEM SOLVING TOGETHER

## PERSONAL MENTAL HEALTH PLAN

### WHAT HELPS YOU TO STAY MENTALLY HEALTHY AT WORK?

e.g. flexibility with hours, mindfulness apps at lunch, chatting with colleagues, getting some exercise, going home on time

### ARE THERE ANY SITUATIONS THAT CAN TRIGGER POOR MENTAL HEALTH FOR YOU?

e.g. conflict with colleagues, tight deadlines, stuff going on at home

### ARE THERE ANY EARLY WARNING SIGNS THAT YOUR MANAGER MIGHT NOTICE WHEN YOU'RE STARTING TO EXPERIENCE POOR MENTAL HEALTH?

e.g. withdrawing from colleagues, calling in sick a lot

### WHAT CAN YOUR MANAGER DO TO HELP YOU TO STAY MENTALLY HEALTHY AT WORK?

e.g. regular catch-ups, being honest and open, being flexible if I need more support

### HOW MIGHT EXPERIENCING POOR MENTAL HEALTH IMPACT ON YOUR WORK?

e.g. difficulty concentrating, not working well in a team, drowsiness, headaches

### WHAT STEPS CAN YOU AND YOUR MANAGER TAKE IF YOU START EXPERIENCING POOR MENTAL HEALTH AT WORK?

e.g. going for a walk, getting more support, allowing flexibility in working hours