

 The Exeter 3-step Model for Wellbeing at Work

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| Step 1: Recognise it*How to identify if you can improve your own wellbeing*  | Step2: Talk about it*Who can you talk to?* | Step 3: Act on it*Develop a plan to deal with it*  |
| Your Mental Health |
| Complete the Robertson Cooper Wellbeing Snap Shot Tool online Read the “signs and symptoms of stress” document  | Care FirstYour Manager Union Representative Bullying and Harassment Advisors Chaplaincy TeamYour GP Coach / Mentor | Following your conversations in step two, think about small changes you can make which may make a big difference. How are you going to take this forward?  |
| Your Physical Health |
| Complete the Robertson Cooper Wellbeing Snap Shot Tool online which will show your wellbeing age and give you hints and tips on your current physical wellbeingHave you noticed weight gain / loss?How much exercise are you doing?Are you a smoker?Do you drink alcohol regularly? | Sports and Wellness Advisor at the Sports Park / Fitness Centre (Cornwall)Disability & Wellbeing Advisor Personal trainer Care FirstYour Manager Your GP  | Following your conversations in step two, think about small changes you can make which may make a big difference. How are you going to take this forward?  |