

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 First  Your Manager  Union Representative  Bullying and Harassment Advisors  Chaplaincy Team  Your 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 wellbeing  Have 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 First  Your 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? |