

Worker Wellbeing

Download more at www.insight.qld.edu.au/toolkits/worker-wellbeing/detail

Worker wellbeing plan template

Reason

Why is it worthwhile assessing and managing your wellbeing? _____

Self check-in

How have you been lately? Have you had any of the following symptoms of burnout? List any other symptoms using the blanks provided.

- Emotional exhaustion/ compassion fatigue
 - Feeling detached/cynical
 - Difficulties with concentration, attention
 - More frequent clinical errors
 - Difficulties with motivation
 - Physical fatigue
 - Loss of pleasure for work
 - Below the line behaviours
- _____
 - _____
 - _____
 - _____

Quick coping skills

What quick coping skills can you use more of? How can you use these more often? List any other strategies you can use using the space provided.

Quick coping skill	Strategy to increase use
Physically moving your body	
Being mindful or changing your breath	
Grounding yourself	
Using your 5 senses	
Other:	

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Staying well

What healthy routines have been lacking, and what actions can you take towards these?

Healthy routine	First steps
Improving nutrition	
Drink more water	
Prioritising sleep	
Exercise more	
Stay connected with others	
Have fun	
Engage in meaningful activities	
Look after your health	
Look after your mind	

Further support for personal wellbeing

Have you considered accessing the following support options?

- Employee assistance programs
- Mental health or chronic health plans through your GP
- Evidence-based self-help
- Helplines

Finding meaning in your work

Which of the following strategies have been neglected lately? What first steps can you take towards these?

Work-based support	First steps
Peer support	
Supervision and mentoring	
Reflective practice	
Professional development	

Set a reminder for your next check in

Next review date: _____