

# Worker Wellbeing

Download more at [www.insight.qld.edu.au/toolkits/worker-wellbeing/detail](http://www.insight.qld.edu.au/toolkits/worker-wellbeing/detail)

## Additional Links

### Insight's worker wellbeing videos



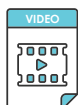
#### **Worker Wellbeing: What does burnout look like?**

<https://youtu.be/TG-NEww9Qzg>



#### **Worker Wellbeing: Impact on teams**

<https://youtu.be/x9JX0U7Jr7c>



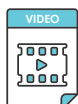
#### **Worker Wellbeing: Impact on the individual**

<https://youtu.be/NhQ6KHg2Wa0>



#### **Worker Wellbeing: Professional Wellbeing**

<https://youtu.be/gJCxRn92NZc>



#### **Worker Wellbeing: Self care**

<https://youtu.be/WvvWr94wHCg>



#### **Worker Wellbeing: Wellbeing in the workplace**

<https://youtu.be/N5FnobhfbD4>



#### **Worker Wellbeing: AOD Sector challenges**

<https://youtu.be/o6LDjt3N8J0>

#### Suggested citation:

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