

achieve those outcomes. This includes your health and well-being.



PERSONAL WELL-BEING AND MANAGING STRESS FOR MANAGERS AND LEADERS

FACTSHEET 1: WHY IS MENTAL HEALTH AND WELL-BEING IMPORTANT?

2. You function as a role model.

how those results are achieved. Prioritising work deliv-

own health and well-being, can send the message that

The line manager sets the mood and tone of the work environment and can therefore make or break a culture of well-being. As such, as a manager you are one of the most



“In order to bring out the best in people, you need to give them your best.”



PROMOTING WELL-BEING, AND MINIMISING STRESS, MANAGING MENTAL HEALTH IN THE WORKPLACE

You will get the results you set yourself up to achieve.

do when no one is looking.





Struggling - Frustrated - Doing OK - Successful			
Struggling - Languishing	Frustrated - Coping	Doing OK - Performing	Successful- Thriving
<p>I am not really making</p> <p>I am falling behind in my work. Some days I struggle to get anything much done.</p> <p>feeling better.</p> <p>trouble with maintaining</p> <p>am feeling, thinking and communicating.</p> <p>I notice I am irritable/</p> <p>and towards myself.</p> <p>I am struggling. I feel overwhelmed and or stressed, anxious or worried</p> <p>my usual myself.</p> <p>I feel stuck and not able to bounce back from some of the challenges at work.</p> <p>I feel like I am on edge of not</p> <p>regulating my emotions, thinking clearly and making decisions.</p>	<p>my head above water but concerned how long I can</p> <p>I am not really myself or how I would like to be.</p> <p>I feel frustrated with my role and work situation a fair amount of the time.</p> <p>I notice I am more irritable</p> <p>I am more irritable and critical with myself – the</p> <p>the moment.</p> <p>I have noticed in my health, my mind and body, some</p> <p>health.</p> <p>I have started to lose or have lost my health and well-being</p> <p>I feel frustrated and</p> <p>in my working life, and not</p>		



WHAT SHOULD YOU BE DOING?

Struggling - Languishing	Frustrated - Coping	Doing OK - Performing	Successful- Thriving
<p>Seek advice NOW and</p> <p>high cumulative stress and/</p> <p>nothing to feel shame about either, but you do need to</p> <p>over the next weeks, months and years.</p>			



SUMMARY OF KEY MESSAGES AND STEPS

WELL-BEING

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GOOD HEALTH

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STRESS

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-
-

MENTAL HEALTH

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changes in them.

- Build your knowledge and awareness to combat mental health stigma and discrimination
- Learn how to recognise early signs in yourself and in others - start a conversation.

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challenges in life

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FACTSHEET WORKBOOK - TAKE ACTION

Start with yourself.

Where are you now/over past month

REFLECTION 1: LEADERSHIP & MANAGEMENT STYLE

use this workbook.

you manage.

I would describe my current leadership and management style/s as...

I would like to be recognised for this styles

My leadership and management styles has changed over the past 5 years in these ways:

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My "style" and my impact as a role model for good health and well-being has impacted on the workplace in the following ways:

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The type of feedback I get is:

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REFLECTION 2: DISCRETIONARY EFFORT

3.

thriving in your role?

Has this changed recently/ in the past 6 weeks?

How important to the work of the team, Department, Division or your organisation is the discretionary

reducing or keeping the same

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REFLECTION 3: WHERE ARE YOU ON THE CONTINUUM AT PRESENT IN RELATION TO YOUR WORKING LIFE AS A MANAGER AND OR LEADER?

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- and leaders.
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