Stop. Make a Change.

Toolbox Talk: Wellbeing

Time: 15 Minutes

Audience: All site operatives & staff

Purpose: Think about ways we can boost our wellbeing for everyone's benefit

1. Introduction

Hello, today we are going to think about how we can be happier and healthier to boost our wellbeing.

Wellbeing includes our physical, mental, emotional, and social health, and is essential for leading a happy, healthy, and fulfilling life.

2. The Facts

Physical health: regular exercise, a balanced diet, and enough sleep are important for physical wellbeing. Doing exercise can boost your mood and reduce stress, anxiety and depression.

Mental health: good mental health is as important as physical health. Taking part in creative hobbies, spending time outside or learning new things can reduce stress levels. Some people find practicing mindfulness helps.

Emotional wellbeing: being able to understand and express your emotions can help you develop better relationships with family, friends, and work colleagues.

Social connections: spending time with friends and family is great for your mental wellbeing. Spending time together, sharing activities, having a laugh and chatting can help you live a longer, happier life.

Enjoying work: working in a job that you enjoy, often as part of a team, gives you a sense of purpose and belonging.

3. How can we improve our physical wellbeing on site?

Discuss ways we could collectively improve our physical wellbeing. Think about healthy eating, physical activity, sleep, etc.

Think about a challenge you could set yourself.

4. How can we improve our mental wellbeing?

Discuss ways we could collectively improve our mental wellbeing.

Think about your hobbies, connecting with nature, learning new skills (not work related!), etc.

Think about a hobby you have or once had. How can you bring it back into your life?

5. How can we improve our emotional wellbeing through connecting with friends and family?

Discuss ways we could collectively improve our emotional wellbeing. Think about spending time with friends, sharing experiences with family, spending time with work colleagues outside of work (not just down the pub!

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Think about a challenge you could set yourself, eg spending quality time with kids or grandkids, date night with your partner, weekly exercise with friends?

5. **How can we enjoy our work more?**

Discuss ways in which we could collectively work better together. Maybe think about some of your previous answers - what could we do to make work better?

How could we share what we learn with other sites or other colleagues?