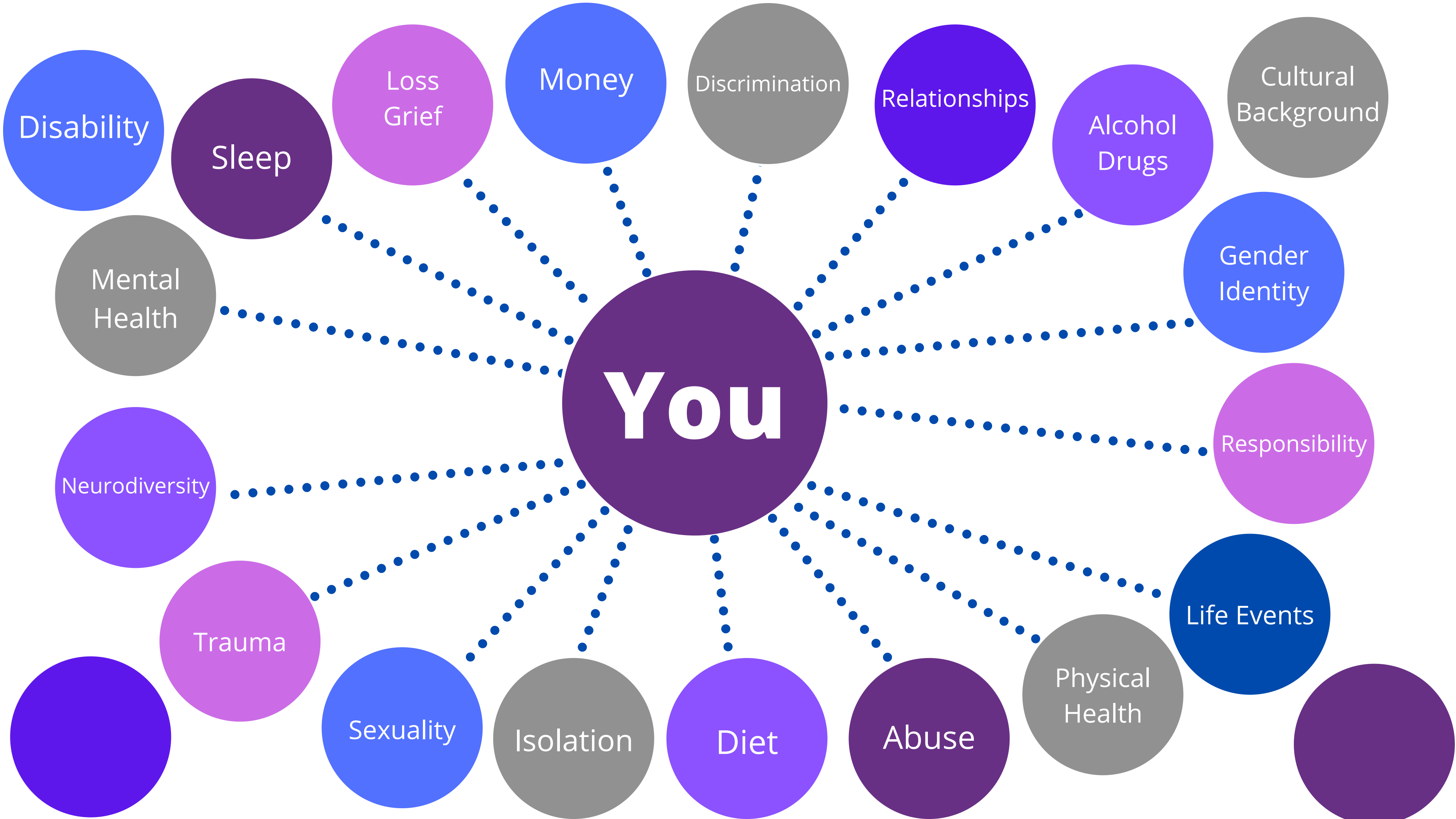


How do we
have conversations about wellbeing?



Conversations with ourselves

Reflection/Assessment

- Baseline - Where am I at?
- Resources - What do I need?
- How can I get my needs met?
- What do I have choice and control of?
- What is out of my control?

Conversations with others

Considerations

- Why we don't have conversations with others
- Expectations from conversations
- Solidarity - part of the wellbeing army
- Personal journey & self advocacy = social impact
- Ownership of language is key

Opportunities

- **Self Care** - including saying no, putting in boundaries, considering health needs.
- **Self Ambassador** - health needs evaluation, strapline on email, open but safe disclosure on own terms without needing someone to respond in a certain way, permission to others.
- **Try it** - new working practices and approaches - flexible working, adjustments in own work environment, spotting the signs/triggers and having a plan.
- **New conversations** - normalising wellbeing and health
- **Learning and understanding** - for ourselves but also those around us