



My Work Health Profile

This is a tool to increase awareness of your personal working style, management preferences and workplace triggers to enable you and your manager to enjoy a mentally healthy workplace.

Name _____

Section 1) What's 'normal' for me

When I'm feeling good at work others may notice:

Eg. Sociable, focussed, energised...

Things that help me to stay well at work are:

Eg. Leaving on time, achieving goals, not checking emails once I have left, booking my annual leave in good time, regular 121's, life outside of work

I cope under stress by:

Eg. Planning my workload, informing my manager, getting extra rest at home

Section 2) Triggers

The events or situations at work which might trigger stress for me are:

Eg. Work load too large, lack of direction

When I am feeling stressed or overwhelmed others may notice:

Eg. Quiet, snappy, working over hours, eating at my desk

If triggers arise I will deal with them by:

Eg. Talking to my manager, speaking to a mentor outside of my team

My line manager can help me by:

Eg. Open communication, regular 121's,

Employee signature:

Manager signature:

Date:

Review date: