

FD Consultants

Psychosocial Support and Trauma Specialist Services

Wellness Action Plan

This Wellness Action Plan is a useful tool to help identify what impacts our mental health and what keeps us resilient. It enables conversations to take place about mental health and challenge stigma in the workplace. It will also enable you to receive the most appropriate support for your individual needs.

What are the main difficulties for you during this pandemic? What are the challenges of remote working and/or returning to the office? What are your main stress triggers?	
Is there anything I can do as your manager or the organisation can do to reduce these stress triggers?	
What resources (ways of taking care of yourself/making you feel better) do you use to support yourself when you are stressed? [You could refer to the RESPECT Resilience Model (Dunkley, 2018)]	
What are the warning signs that I need to be aware of as your manager to inform me you are struggling? (Symptoms, changes in behaviour etc.)	

How is your work impacted when you are stressed? (I.E. struggle to concentrate, not show up at meetings, find it hard to prioritise tasks, have difficulty making decisions?)	
How will you let me know when you are struggling and need additional support?	
When you are struggling what can I do to support you as your manager? How can the organisation support you?	
Consider further signposting if necessary (I.E. EAP, coaching, peer support, trauma specialist care etc.)	

About FD Consultants

For organisations looking for employee psychological support, FD Consultants are the trauma specialists and well-being service, who will best deliver a reliable, quick, and bespoke support system in the workplace. FD Consultant's team of accredited specialists will offer ongoing support to help manage stress, prevent burnout and provide specialist trauma care where required, enabling your staff with the tools to cope, and recover more quickly.