

Stress & Coping

What strategies help you manage stress when you feel under pressure?

Tip: Stress can be really difficult to manage. But coping strategies make a big difference.

Work-Life Balance

What does a healthy work-life balance look like for you?

Insight: Boundaries can help protect your well-being.

Mental Health Myths

What's one misconception about mental health you'd like to challenge?

Insight: Talking openly can help to reduce stigma.

Support Systems

Who do you turn to when you need support, and why?

Action: Identify one colleague you can check in with this week.

Gratitude

What's one thing you're grateful for at work today?

Action: Share it with the group or write it down.

Signs of Burnout

How do you recognise when you're approaching burnout?

Insight: Try to take regular breaks and use all your annual leave. It's important to rest and recharge.

Creating Safe Spaces

What makes you feel safe to talk about mental health at work?

Action: Include a wellbeing check-in at work meetings or 1-2-1s.

Self-Care

What's your favourite self-care activity outside of work?

Tip: If you have a stressful day, plan something small to look forward to after work.

Celebrating Wins

What's a recent achievement you're proud of?

Action: Acknowledge and celebrate small wins together.

Managing Change

How do you cope with change or uncertainty at work?

Tip: Focusing on the things you can control can help you take your power back.

Feeling overwhelmed

How do you cope with feeling overwhelmed at work?

Tip: If you feel overwhelmed or stuck, try to take things one step at a time. If the first step feels too much, break that up into small steps.

Communication styles

What types of communication do you find most helpful at work? What do you find challenging?

Insight: Different people find different types of communication helpful. For example, some people prefer things in writing, and others prefer to talk things through.