

Team Ethos

At UoA, wellbeing means being comfortable, happy and healthy, in all areas of life: at home, at university, at work and everywhere else.

Every team operates differently and we will all have varying values, principals and expectations in relation to wellbeing.

You may find this template helpful to, as a team, explore these differences and agree on what you want your team ethos to be.

It could be a useful way to agree encourage and support each other to prioritise wellbeing.

You may also want to consider how your commitment helps you easily incorporate **SAMH 5 Ways to Wellbeing** into your working life, by ticking the ones your charter achieves.

Top Tips

- Do this exercise as part of a regular team meeting
- Consider revisiting quarterly
- Consider any training or upskilling requirements to help you meet your commitment

Wellbeing Strategy Pillars



Supportive Environment

Think about what you can do to further support each other and create a positive working environment.
Examples: Be open and honest with each other about work pressures. Be mindful of each other's pressure points and support each other the best you can.

5 Ways to Wellbeing

✓ Tick those that apply

- Connect
- Be Active
- Take Notice
- Learn
- Give



Informed Community

Think about your team's awareness of wellbeing services, resources and support.
Examples: Share information about and support each other to incorporate new self care techniques into our working life. We will undertake a variety of wellbeing courses and share our learning.

- Connect
- Be Active
- Take Notice
- Learn
- Give



Positive Culture

Think about how to create or enhance a fully inclusive and positive working culture in your team.
Examples: Encourage each other to build in an active break into to their working day. Celebrate each other successes.

- Connect
- Be Active
- Take Notice
- Learn
- Give



Empowered Community

Think about how you can support each other to incorporate wellbeing in the working day.
Examples: Gain an understanding of individual stress relievers so we can encourage each other to practice self-care.

- Connect
- Be Active
- Take Notice
- Learn
- Give



Healthy Lifestyle

Think about how you can build healthy habits into your day.
Examples: Take active breaks. Host a soup Friday on the first Friday of every month.

- Connect
- Be Active
- Take Notice
- Learn
- Give

Training Requirements and Other Opportunities

Think about the training you might need to support your commitments in the charter.
Examples: L-I-S-T-E-N, Skills Booster Courses.

