

Strategies for wellbeing



- Prioritise your mental health and wellbeing.
- Check in with colleagues if you notice any changes in their moods or behaviour.
- Provide, and take advantage of, opportunities for peer consultation and debriefing.
- Encourage a culture of help-seeking, inclusion, mutual support and trust.
- Prioritise regular positive recognition.
- Establish support processes and promote access to the Employee Assistance Program (EAP).

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