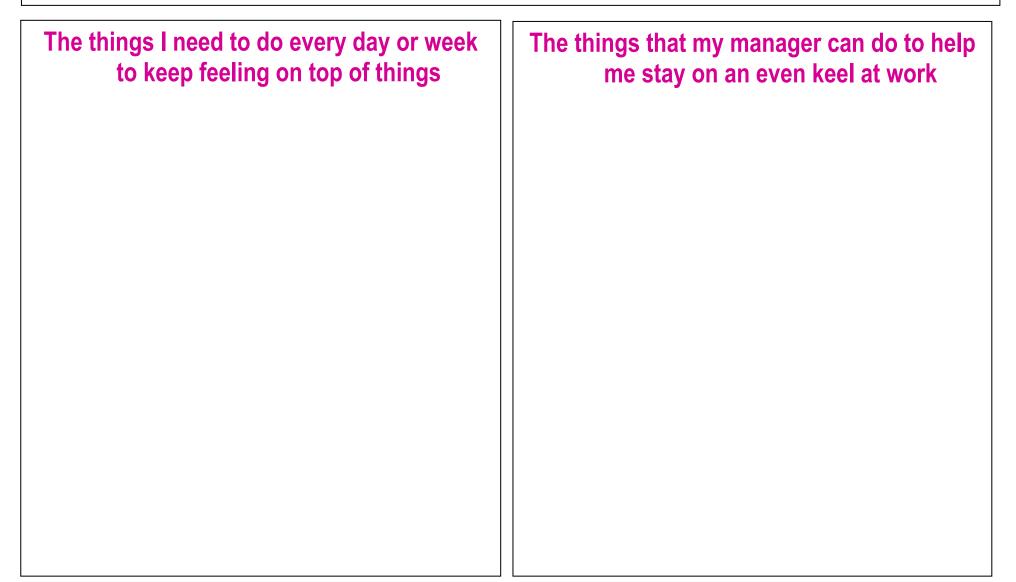
## 1. A work health and well-being promotion plan

'Prevention is better than cure'



<b>2. A work health and well-being first aid kit</b> 'Don't let stress escalate' - Nip it in the bud			
Things that I can do while at work when I feel upset, discouraged, hopeless, angry, anxious or stressed out	Things I can do after work so that I don't take the troubles of the day home with me		

3. Plan for managing difficulties that arise at work and home				
'Understand your triggers'				
Things relating to my job and things my colleagues and managers do that stress me	Things outside work which have a detrimental impact at work			

3. For each thing that knocks me off balance 'Manage your triggers'				

4. Plan for what to do when I'm not feeling 100% - having an off day				
'Don't get on the rollercoaster'				
How do I know when I am having an off day? What are the tell-tale signs?	Things that I can do to help get back on top of things	Things that my manager can do to help		

5. Plan for what to do when everything is getting too much 'Stop the rollercoaster' I want to get off			
Tell tale signs that things are really getting too much	Things I can do to help cope and get back on top of things	Things that my manager can do to help	

