

MIND.BODY.1.

Mental Well-being and Performance at Work!

Employee Name: _____

Date: _____

Section 1: Self-Reflection and Well-being

****1. How's your mental well-being today?**

- My mental well-being (rating on 1-10): _____

- Comments/Description:

****2. What are the things that light up your day at work? ****

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****3. What work-related stuff is sometimes like a dark cloud hanging over your head? ****

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4. How do you usually tackle those gloomy clouds and bring in some sunshine? **

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Section 2: Workplace Performance


****5. Let's talk about how you're performing at work. ****

- My performance (rate from 1-10): _____

- Comments:

****6.** Ever notice your work performance affected by your mood? If so, share your thoughts here. ******

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****7.** Juggling work and life isn't always easy. What's your secret for a balanced act?  ******

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Section 3: Support and Action Plan

****8.** Have you reached out for help or chatted with a colleague/friend about your workplace struggles? ******

****9.** Tell us about three wacky or wise actions you can take to boost your mental mojo at work. ******


- 1.

- 2.

- 3.

****10.** Got any fun suggestions for us to make work a happier place? ******

Section 4: Goals

****11.** Let's set some goals! What's on your to-do list for the next few months? Dream big!  ******

- Short-term goals:

****12.** And what's your long-term vision for yourself at work? Let your imagination run wild! ******

- Long-term goals:
