

# Health & Wellbeing

The proactive interventions and services that empower our NHS people to manage their own health and wellbeing.

**Sections cover:**

- Mental and emotional wellbeing
- Physical wellbeing
- Healthy lifestyle

The ways our teams work together with care and compassion.

**Sections cover:**

- Working together
- Supporting each other

How our work at the NHS inspires our NHS people and how we support their growth and passion. **Sections cover:**

- Bringing your whole self to work
- Life balance
- Purpose, potential and recognition

How our leaders and managers across all levels of the NHS provide health and wellbeing support as part of their role. **Sections cover:**

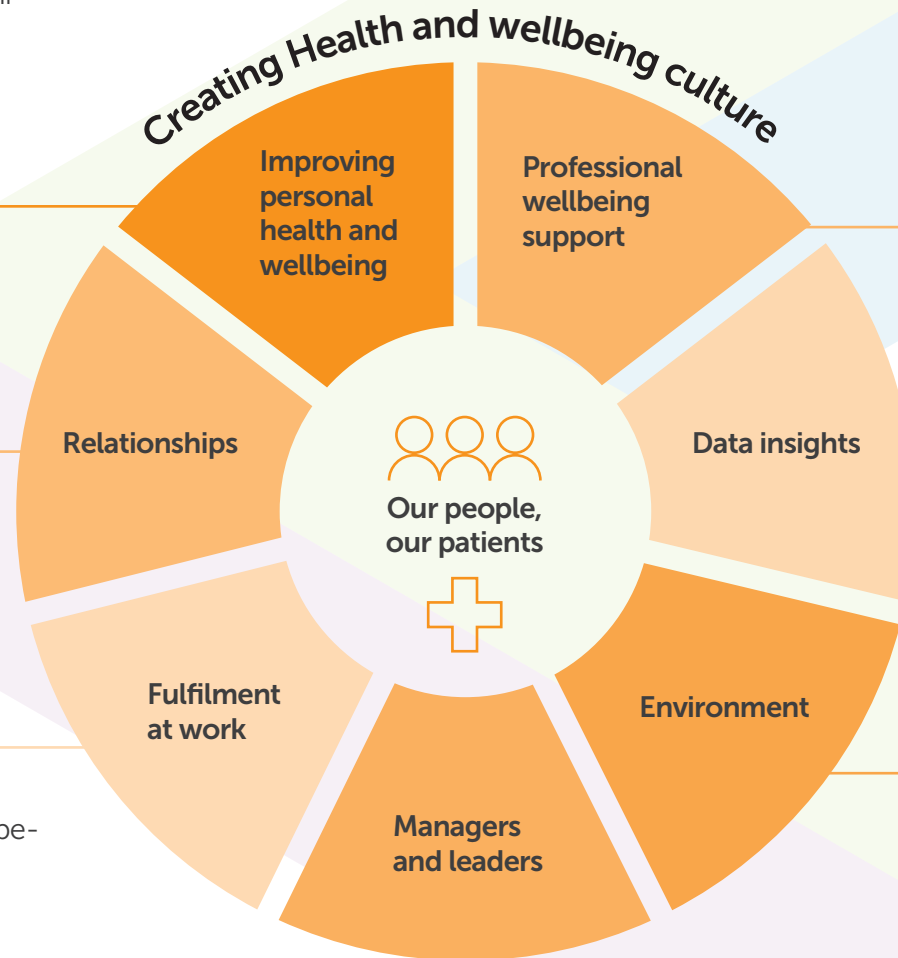
- Senior manager responsibilities
- Healthy leadership behaviours
- Skilled managers

The teams and services, like occupational health, who are available to support organisations and our NHS people's health and wellbeing. **Sections cover:**

- Support services and partners
- Organisation design and policy
- Interventions overview

Our approach to understanding our health and wellbeing needs and then measuring our effectiveness in supporting them.

Physical works spaces and the facilities available for our people to rest, recover and succeed



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The Evolved Health and Wellbeing Framework (2021) will be used by the Trusts involved in the Pilot to create a Wellness culture in staff across the Region.