



Workplace Wellbeing

It's about balance

Workplace wellbeing is achievable for all organisations, but requires a genuine, continuous commitment across all levels of the workplace. Workplace wellbeing requires a state of balance between organisational, team and individual needs.

The five elements that directly impact your personal workplace wellbeing are:

Purpose (or Career): Liking what you do each day and being motivated to achieve your goals.

Social: Having supportive relationships and love in your life.

Financial: Managing your economic life to reduce stress and increase security.

Physical: Having good health and enough energy to get things done every day.

Community: Liking where you live, feeling safe, and having pride in your community.

There is much that we can do as individuals to positively contribute to the wellbeing of our workplaces and to our individual wellbeing in the workplace.

Maintain your health: What you eat and drink impacts on both your short-term and long-term physical health as well as your immediate state of mind.

Keep growing: When you consciously work on making your own life more meaningful, it positively impacts on the way you interact with and respond to, the world around you.

Invest in your relationships: Investing in your relationships, both personal and professional, will have a significant positive impact on you, and their emotional and physical wellbeing.

If you're finding it difficult to maintain a healthy approach to your wellbeing, you may find it helpful to speak with one of Converge International's experienced consultants to help set a path and achieve the changes you want to see.

Call **1300 687 327** to arrange an appointment with Converge International your EAP provider. *EAP is free, confidential and supported by your employer for your wellbeing.

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