



Stress Management Well-Being Inventory

This Well-Being Inventory provides direction for departments to identify the environmental supports (resources) that exist within the workplace. Complete the worksheet below by placing a checkmark next to the appropriate response for each question.

	Yes	Considering	Unsure	N/A
Emotional & Mental Well-Being				
Are seminars available to help employees learn more about emotional well-being?				
Do you communicate (newsletter, portal, staff announcements etc.) about Employee Assistance Program (EAP) on an ongoing basis?				
Do you have the EAP We're Here for You posters displayed at your workplace?				
Have you provided a stress management workshop for employees to participate in?				
Are employees able to utilize flexible time for wellness activities at work?				
Are employee appreciation activities/events organized and offered?				
Does the department offer opportunities for employee recognition?				
Are there opportunities for your workplace to get involved in community outreach or community service (as a team)?				
Does your workplace provide breathe and stretch guides (RECHARGE) for employees to practice for stress management?				
Is it convenient and safe for employees to walk/ride a bicycle to work? Any walking paths or parks nearby?				
Does your workplace provide physical activity or exercise messages to employees such as posters or brochures?				
List any other resources that support stress management at work:				

WELL-BEING@WORK



Choose at least 3 Tools:



Timeline at least 7 Communications:



Update Your Well-Being@Work Annual Plan:

1. Choose at least 3 raise awareness tools
2. Timeline at least 7 communications to raise awareness about stress management and identify message/tool/activity to promote
3. Update Well-Being@Work Annual Plan

Month: _____ Tool #1: _____ Message: _____

Month: _____ Tool #2: _____ Message: _____

Month: _____ Tool #3: _____ Message: _____

Month: _____ Tool #4: _____ Message: _____

Month: _____ Tool #5: _____ Message: _____

Month: _____ Tool #6: _____ Message: _____

Month: _____ Tool #7: _____ Message: _____

Host a Pledge Day-- Month: _____