

The 7 Spokes of Wellness Week

7. Intellectual

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| Personal | Organisational |
| <ul style="list-style-type: none"> • Develop your 'niche' • Ongoing professional development • Reflective practice • Facilitate the educational development of your colleagues. | <ul style="list-style-type: none"> • Support to develop 'niche', within the speciality • Access to PDL • No blame M&M meetings • Awesome and excellent meetings |

1. Emotional

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| Personal | Organisational |
| <ul style="list-style-type: none"> • Peer support • Mentoring • Respectful conflict resolution | <ul style="list-style-type: none"> • Peer support groups • Formal mentoring programmes • Employee assistance programmes |

2. Physical

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| Personal | Organisational |
| <ul style="list-style-type: none"> • Regular exercise • Healthy eating • Sleep hygiene • Regular contact with your GP | <ul style="list-style-type: none"> • Access to facilities for exercise • 24/7 access to nourishing food • Access to quiet rest areas |

3. Occupational

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| Personal | Organisational |
| <ul style="list-style-type: none"> • Ask yourself - Why you do what you do? • What do you love about it? • Realistic self expectations • Reflective practice | <ul style="list-style-type: none"> • Regular 360 feedback • Flexible clockwise rostering • Regular breaks • Regular annual leave • "No blame" culture |

6. Social

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| Personal | Organisational |
| <ul style="list-style-type: none"> • Maintain your personal community • Develop your professional community • Avoid tribalism • Role model respectful behaviour | <ul style="list-style-type: none"> • Healthy work culture • Leadership training • Conflict resolution training • Communication training • Organised social events • Inter-departmental events |

5. Spiritual

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| Personal | Organisational |
| <ul style="list-style-type: none"> • Mindfulness practice • Journaling • Random acts of kindness • Gratitude | <ul style="list-style-type: none"> • Mindfulness training • Resilience training • Respect for differing beliefs |

4. Financial

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| Personal | Organisational |
| <ul style="list-style-type: none"> • Understand your own financial circumstances and risk - Ideally before you get unwell • Professional financial advice | <ul style="list-style-type: none"> • Fair and equitable pay • Access to financial planning advice • Optimising superannuation and salary packaging plans |

