

***This is a draft version of the workbook
and is subject to further change.
Please do not circulate beyond your
team.***



Compassionate Employers

CHAPTER 4- Worksheet: individual reflection

Created by Madeleine Smith, Healthcare Wellbeing Manager. Supported by
Melanie Taylor, Lucy Carpenter and Maaïke Vandeweghe.

Draft issued 8th July 2026

Worksheet: individual reflection

Applying the Five Ways to Wellbeing

The New Economics Foundation¹ identified ways of improving mental health and wellbeing in the UK.

They identified five key actions that we can incorporate into our day-to-day lives. It can be difficult to find the time to prioritise our own needs, however, trying these things could help you feel more positive.

This activity is designed to help us think holistically about the five ways to wellbeing.

Important note!

Individual reflection guidance

- You do not need to answer any questions that feel too personal, unsafe or difficult.
- Pause at any point.
- If this content brings up distress, speak to someone you trust and access your organisation's support routes, such as your manager, supervision, occupational health, Employee Assistance Programme, HR, GP or urgent support if needed.

Be kind to yourself. These are some ideas of things for you to reflect on, not a strict 'to-do' list.



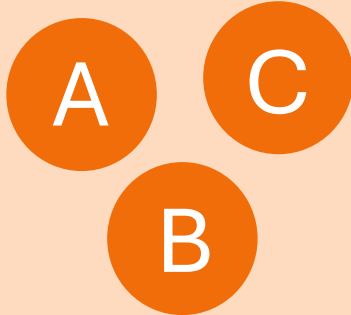
Individual reflection: Consider some examples of how we can support our wellbeing at work or elsewhere. The examples can be really small!

Area	What am I doing now?	What else could I try?
Connect Connect with people: those around you, people you care about, new people		
Be active Moving our bodies in any way: dance, walk, stretch, jump, cycle		
Keep learning Learn something new: read a book, listen to a podcast, try a hobby, cook a new recipe, be curious		
Take notice Notice the world around you: changing season, bird song, a good cup of coffee, a soft blanket		
Give Do something generously: smile at your neighbour, volunteer, make tea for a colleague		

Adapted from the New Economics Foundation: 5 Ways to Wellbeing¹

Grounding techniques

- Breath in for 3 seconds - Hold for 3 seconds - Breathe out for 3 seconds - Hold for 3 seconds 	Create a change in temperature - eat an ice cube, put cold water on hands, sip hot drink 	Hold an item in your hand. Notice the texture. 
Hug yourself! 	Smell a strong smell e.g. perfume, coffee, candle 	Say one thing that has been 'OK' today 
Taste a strong flavour e.g. mint, coffee, juice 	Full body shake /stretch 	Count backwards from 20. 

Listen to your favourite song – concentrate on the lyrics 	Count the number of colours/shapes/objects in the room 	Sway or move body side to side 
Clap hands or rub hands together 	Recite a mantra 'I can get through this' 'I am OK' 'I don't have to do everything' 	Recite the alphabet backwards 
Imagine a relaxing image 	Pause and notice how you feel in your body 	Stamp or press feet into the floor 

Lincolnshire Partnership NHS Foundation Trust ², NHS inform³, PTSD UK⁴

References

1. Aked J, Thompson S. Five Ways to Well-being: new applications, new ways of thinking. New Economics Foundation; 2011
2. Lincolnshire Partnership NHS Foundation Trust . Exploring mindfulness and the 5-4-3-2-1 grounding activity :. [online] 2022 Available at: <https://www.lpft.nhs.uk/young-people/lincolnshire/about-us/whats-new/grounding-activity>
3. NHS inform. A message from Khyber, a GP, about panic attacks [online]. NHS inform. 2025. Available from: <https://www.nhsinform.scot/mind-to-mind/dealing-with-panic/deep-breathing-can-help-calm-you-down>
4. PTSD UK. Grounding Techniques for PTSD & C-PTSD – PTSD UK [online]. PTSD UK. Available from: <https://www.ptsduk.org/grounding-techniques/>