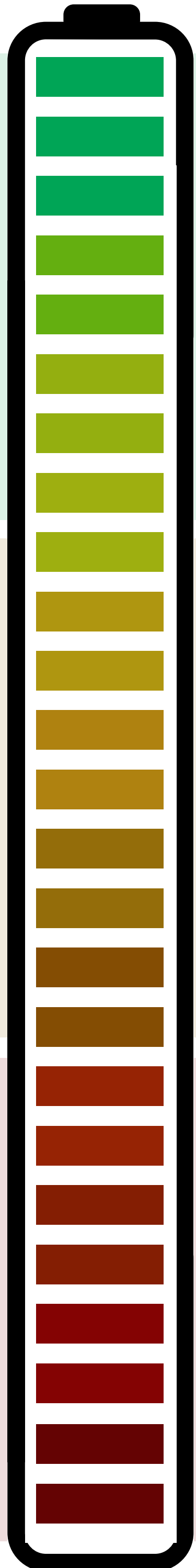


# WORKPLACE PSYCHOLOGICAL SAFETY ASSESSMENT

## PHYSICAL HEALTH



Pay attention to what is working for you to take care of your **physical health** and why. Be specific.

- Example: Going for daily walks on your break, drinking enough water throughout the day

Consider how you can continue to **protect and maintain** your time to take care of your physical health.

- Example: Be intentional with scheduling time for these activities in your day and week, and make personal boundaries a priority.

Set goals to maintain your physical health habits to **promote** long-term health.

Create a list of activities that **charge** your physical health and that are working well for you right now.

- Example: You are consistent with eating whole foods throughout the week in your meals.

Consider what areas of your physical health you would like **support** in or believe you can improve upon.

- Example: Getting more sleep on weeknights.

Create a **physical health plan** that outlines ways you will protect your time to practice or take part in activities that charge your physical health. Be specific.

- Example: Set clear times for when you will step away from your desk to eat lunch or move your body, turn off phone notifications at bed time.

Explore alternatives with a **medical doctor** as to what supports you could benefit from to help your improve your physical health.

Talk to a **trusted peer** and let them know how they can support you.

- Example: Plan weekly walks together to hold each other accountable and lean on each other for support.

Utilize **support resources** provided by your employer.

- Example: EFAP

To maximize the benefits of these infographics, watch the accompanying video