NHS staff wellbeing needs

Staff wellbeing is a top priority for all NHS organisations. This resource highlights the importance of the basic needs all staff need to help our NHS people feel healthy at work.

3. SELF-FULFILMENT NEEDS



I am achieving my full potential



I am thriving and love where I work

I feel respected and

supported by my colleagues including my superiors



2. PSYCHOLOGICAL NEEDS

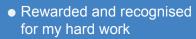


I can freely voice my concerns and I am heard



- Regular wellbeing conversations/team check ins
- Sense of belonging
- Freedom to speak up





- Compassionate leadership
- I have a comprehensive PDP



BASIC NEEDS



It's the little things that make the biggest difference















- Safe working conditions
- Regular breaks and rest areas







I can regularly take my break and have space away from where I work to rest

- Nutrition
- Hydration
- PPE/comfortable clothes and shoes
- Toilet/shower facilities



NHS Employers

www.nhsemployers.org



