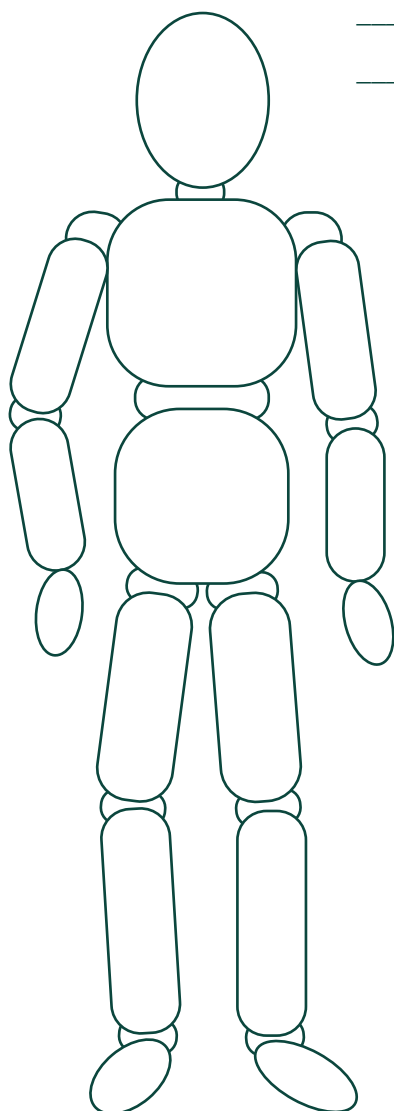


Exploring Psychological Safety for you and your Team

This activity sheet is to support you when watching the Spaces for Wellbeing - Recorded Event 'Exploring Psychological Safety for you and your Team'.

Why?

Why are you here today? What would you like to get from the session?



Where?

Where in the body do you first identify stress? (*i.e. tense shoulders or jaw, butterflies in your stomach, a migraine*)

Please use this outline of a body to identify your physiological responses.

How?

How does the stress impact your wellbeing - which area do you retreat to? (*i.e. experience a physical feeling, have an emotional response, find a mental retreat/an area to find clarity and quiet, socialise or socially isolate*)

What?

What do you do to make yourself feel better, how do you soothe yourself from the stressful sensations? (*i.e. go for a walk, yoga, meditation, breathing exercises, listening to music, have a cup of tea*)

Values

Recognising your true core values and linking to your culture and expectations ...



Safety

What helps you feel safe? Where do you feel most at ease and why?

With the above in mind - What is the most ideal culture in work that you can imagine?
What kind of culture do you want to be a part of? (*i.e. what does it feel, sound, look like*)

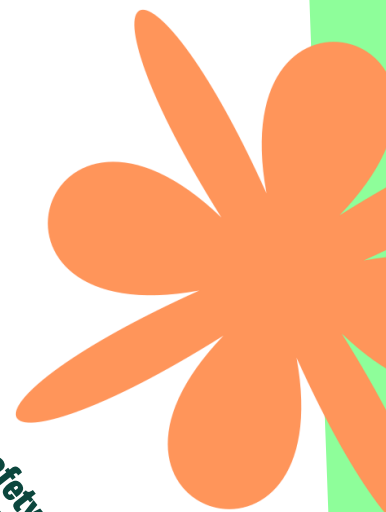
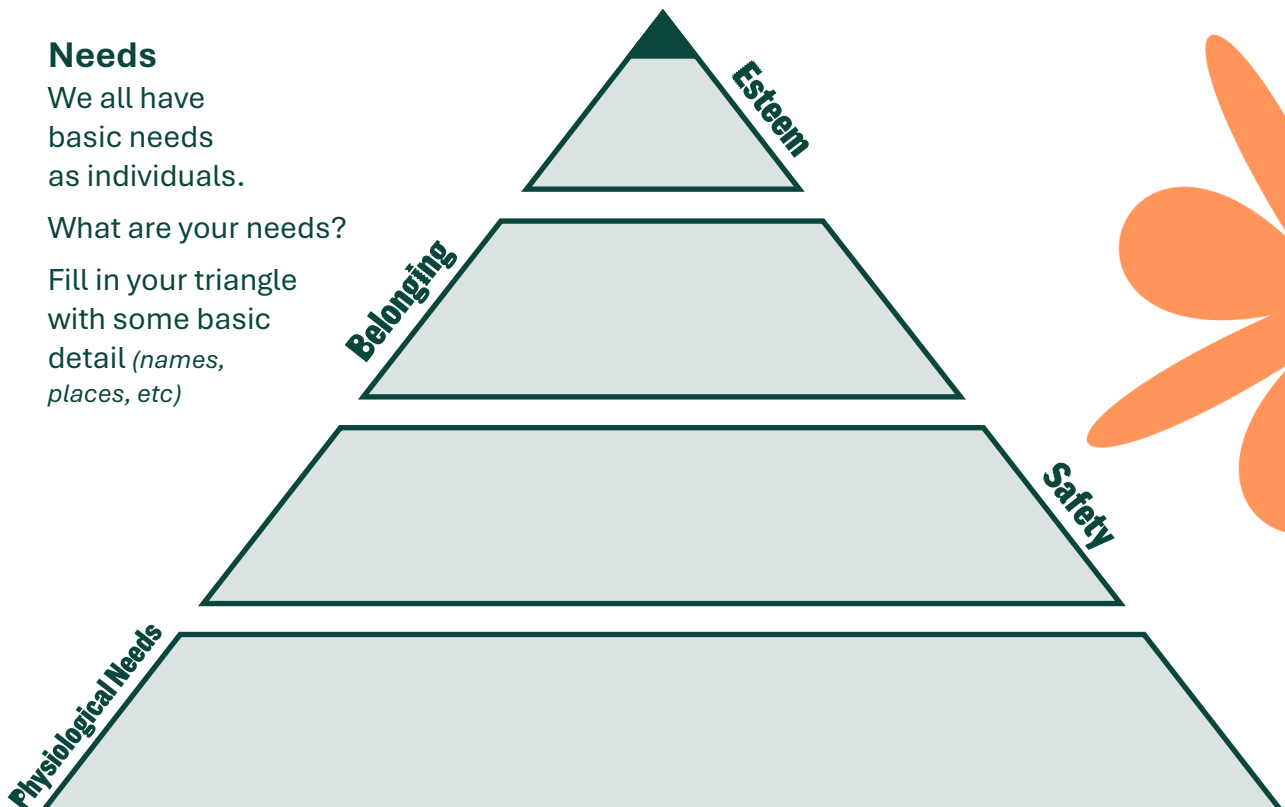
Are there any **similarities** between **what/where you feel safe** and the **culture** in which you think you would thrive in best?

Needs

We all have basic needs as individuals.

What are your needs?

Fill in your triangle with some basic detail (*names, places, etc*)



Basic needs

What are your 'must-haves' in the morning?

Think of a time you felt safe, what elements were present?

(additional: what do you need to know, or require, to enable you to feel safe and well for the day?)

Psychological needs

What are your top five core values? *(i.e. trust, honesty, integrity, authenticity, compassion, respect, understanding, kindness, humour, enthusiasm, humility, connection, patience, creativity, professionalism)*

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | |

What is your response to failure or difficult relationships? *((i.e. first thing you do, think, or feel))*

Mission and Purpose

Why do you do what you do? What is your mission and purpose? *(i.e. what do you care about? What motivates you?)*

What is one thing you can do to create a feeling of safety and security around you in order to deliver with this purpose? *(i.e. something you could implement tomorrow)*
