

BUILDING WELLBEING

Tips & resources grantees shared at the Foundation Forum

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Building wellbeing requires supportive policies and practices in the workplace environment and good self-care.

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Third Sector Interfaces provide a range of free services - e.g. GCVS Wellbeing Service.

3

Take time away from screens - digital detox in the evening if you have been at a computer for 8 hours.

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The Community Learning Exchange offers opportunities to build mutual support through peer-to-peer learning.

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Support people to access HR policies and benefits - remove the guilt associated with exercising self-care.

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Pause. Reconnect with nature and with yourself.

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Social Action Inquiry and Inspiralba provide helpful tips through their 'fill your cup first' resource.

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People who support people need support too! External mentors or formalised 'support and supervision' can be vital.

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Development Trusts Association Scotland offer members a range of services, including support for workplace wellbeing.

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Ask for help - you cannot do everything, and the sector can be a very generous and reciprocal space.

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Open & Trusting grant-making aims to support you to deliver your mission in a safe and fulfilling way.

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Suggested read: Blue Spaces by Catherine Kelly.