

# The 10Eighty Wellbeing Toolkit

Resources to help you and your employees with their mental health and wellbeing.

## **Awareness**

[Mental health in the workplace](#)

[How your mindset can help](#)

## **Stress & how to manage it**

[Recognising when you are stressed](#)

[Recognising stress in others](#)

[Strategies for coping with stress](#)

[Our "Top Tips" for managing stress](#)

## **Resilience**

[Why it works to be kind](#)

## **Your self-esteem**

[Developing your self-esteem - part 1](#)

[Developing your self-esteem - part 2](#)

## **Work-life balance**

## **Mental Health and Wellbeing Virtual Webinars**

We've developed some bitesize virtual sessions intended to give some key pointers on each topic. The content of any session can be adapted to suit your specific context and needs. [CLICK HERE TO VIEW.](#)