

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](#)

Title

[How to deal with stress when job hunting](#)

[Energy Zappers - How to maintain your energy when you are job hunting](#)

[The Change Curve](#)

Your self-esteem

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

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

Resilience

[Why it works to be kind](#)

Work-life balance