

# 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



## 2. PSYCHOLOGICAL NEEDS



I can freely voice my concerns and I am heard



I feel respected and supported by my colleagues including my superiors



## 1. BASIC NEEDS



It's the little things that make the biggest difference



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
- Sleep
- Healthy work-life balance
- Safe working conditions
- Regular breaks and rest areas



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