Mental Health and Well-being in Shell

TRULY HUMAN CARE

We care for, include, and empower each other every day.

Truly Human Care empowers us all to continue to build a culture of care across our organization. This contains resources to help you show care for yourself, others, and your team. Start by checking out Leadership Reflection, challenge yourself to implement a new Micro-Habit, share your best practices o portal, and care courageously by experimenting with something new.

CARE FOR SELF

CARE FOR OTHERS

CARE FOR TEAM

"Nobody cares how much you know, until they know how much you care." ~ Theodore Roosevelt

Care culture and learner mindset

CARE FOR SELF

Micro-habits: Care for Self

Care During Change: Practical ways to care for yourself during change

Care for your Health: Sleep Well, Eat Well, Move Well

I'm not OK. What can I do?

Dealing with Uncertainty

Tips for Better Sleep

Tips for Managing Fatigue

Share Best Practices: How do you care for yourself?

Anxiety Care Moments Pack

CARE FOR OTHERS

Micro-habits: Care for Others

I want to be a Supporter

Tips for Having a Conversation with a Team Member (ALL ACT Approach)

I want to Check on my Co-worker

Supporting Each Other During Difficult Times

Share Best Practices: How has someone shown you care?

CARE FOR TEAM

Micro-habits: Care for Team

Creating a Caring, Psychologically Safe Team Environment

Inclusion Toolkit for Meetings

Resources for New Teams

I am worried about one of my team – A guide for Managers

Resilience Boosts – 15 Minute Team Exercises

Team Talks
> **I'm Not OK**
> **Are you OK?**
> **If physical health was treated like mental health**
> **Empathy v. Sympathy**
> **Care Funnel**
> **You are not a label**
> **Assumptions, labels and stigma**

Share Best Practices: How does your team show care?

Maximise our performance

Grow trust in Shell

Learner mindset

Live our values and goal zero

Engage and inspire

Care and mental health during COVID

- Mindfulness
- Resilience for operators
- Parenting & working from home
- Stress & Coping
- Burnout
- Finding Your Purpose
- WFH while managing the kids

- Resilience in adversity- The Stockdale paradox
- Join the London Choir of Shell (Shellissimo) – singing from home and redefining communities
- Always Switched on? Thrive Offline- Digital Detox & Sleep
- The "One Thing wall"

I am not OK- Employee assistance program

I'm not OK.

I'm worried about my mental health.

I'm struggling.

I want to be a supporter.

I want to check on my co-worker.

I am worried about one of my team.

Fueling Kindness for Mental Health

Mental Health Ambassadors

Ask   Act
Look   Check-back
Listen Take care of you

500

mental health ambassadors

75 leaders

mental health ambassadors

MHA