



## How Can Social Work Managers Shape Employee Well-Being?

### Practice self-care

As a leader, it is vital to support a healthy workforce and refrain from encouraging your team to work overtime or on weekends.



### Show appreciation

Being thankful and expressing gratitude is one of the easiest ways to be less stressed.

### Make wellness convenient

It is mutually beneficial to invite a health professional in to hold a seminar on wellness and wellbeing. This will help them understand wellbeing in-depth.



### Keep an open-door policy

Create a friendly and communicative environment where your employees feel like they can approach you for help at any time when they feel troubled.