

# Exploring Psychological Safety for you and your Team

This activity sheet is to support you when watching the Spaces for Wellbeing - Recorded Event 'Exploring Psychological Safety for you and your Team'.

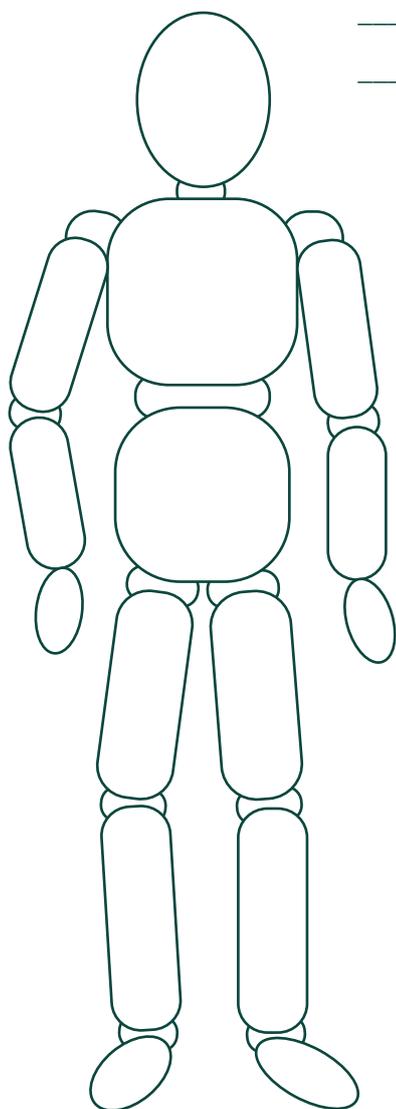
## Why?

Why are you here today? What would you like to get from the session?

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## Where?

Where in the body do you first identify stress? *(i.e. tense shoulders or jaw, butterflies in your stomach, a migraine)*

Please use this outline of a body to identify your physiological responses.

## How?

How does the stress impact your wellbeing - which area do you retreat to? *(i.e. experience a physical feeling, have an emotional response, find a mental retreat/an area to find clarity and quiet, socialise or socially isolate)*

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## What?

What do you do to make yourself feel better, how do you soothe yourself from the stressful sensations? *(i.e. go for a walk, yoga, meditation, breathing exercises, listening to music, have a cup of tea)*

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## Values

Recognising your true core values and linking to your culture and expectations ...



## Safety

What helps you feel safe? Where do you feel most at ease and why?

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With the above in mind - What is the most ideal culture in work that you can imagine? What kind of culture do you want to be a part of? (i.e. what does it feel, sound, look like)

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Are there any **similarities** between **what/where you feel safe** and the **culture** in which you think you would thrive in best?

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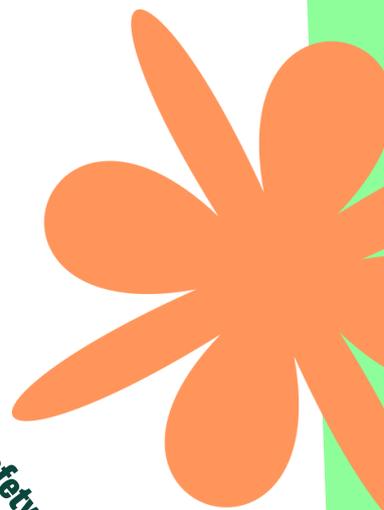
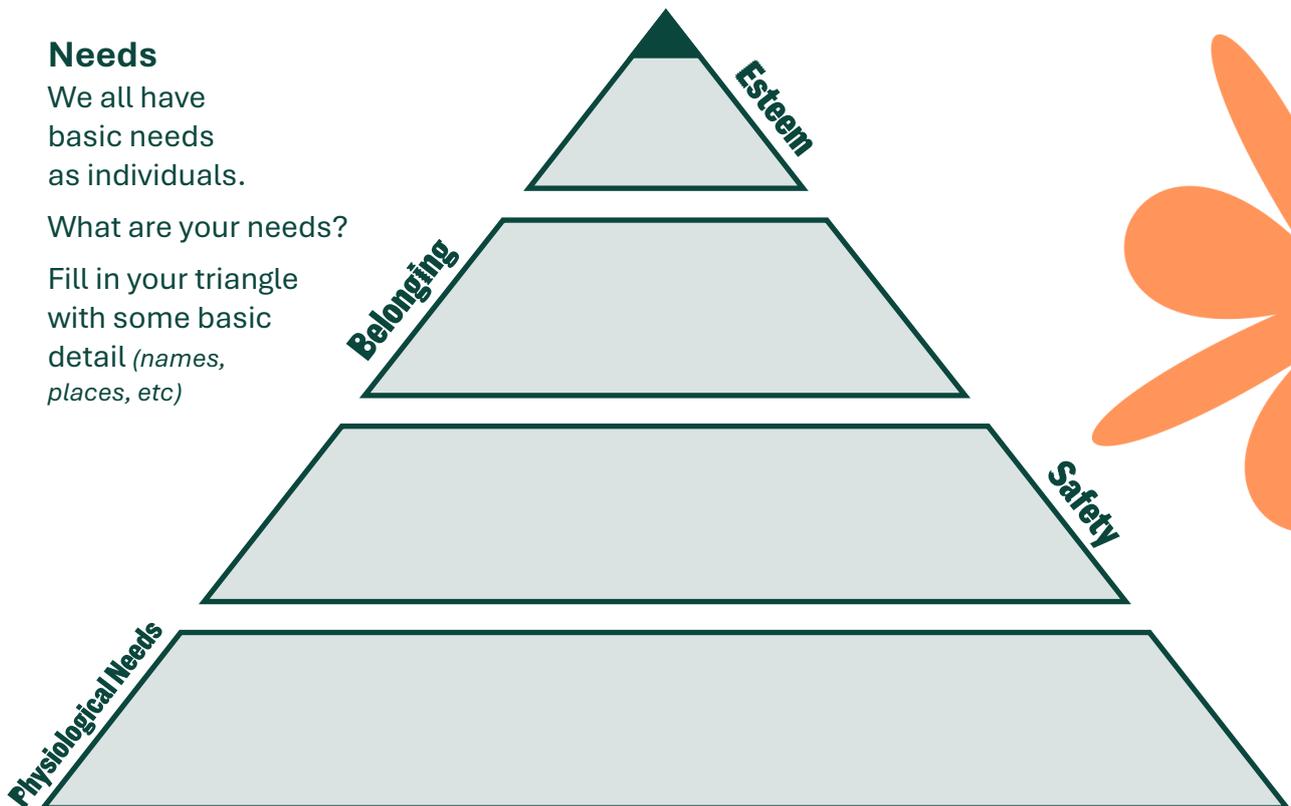
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## Needs

We all have basic needs as individuals.

What are your needs?

Fill in your triangle with some basic detail (names, places, etc)



## Basic needs

What are your 'must-haves' in the morning?

Think of a time you felt safe, what elements were present?

*(additional: what do you need to know, or require, to enable you to feel safe and well for the day?)*

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## Psychological needs

What are your top five core values? *(i.e. trust, honesty, integrity, authenticity, compassion, respect, understanding, kindness, humour, enthusiasm, humility, connection, patience, creativity, professionalism)*

1. \_\_\_\_\_ 4. \_\_\_\_\_  
2. \_\_\_\_\_ 5. \_\_\_\_\_  
3. \_\_\_\_\_

What is your response to failure or difficult relationships? *((i.e. first thing you do, think, or feel)*

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## Mission and Purpose

Why do you do what you do? What is your mission and purpose? *(i.e. what do you care about? What motivates you?)*

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What is one thing you can do to create a feeling of safety and security around you in order to deliver with this purpose? *(i.e. something you could implement tomorrow)*

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