



Wellbeing For Work

'Wellbeing for Work' is one of the five themes in OpenLearn's 'Applying Psychology to Work hub'. The hub provides tools, resources and short courses to help develop skills and knowledge towards or enhancing current employment experiences or preparing for new roles or positions... perfect for sharing as part of Learning at Work Week to support employees across your organisation.

What is wellbeing?

By definition it is 'the state of being comfortable, healthy or happy', but it's not as simple as that. It can be considered from the following five aspects:

- Emotional wellbeing – having positive emotions and coping with stress.
- Physical wellbeing – following a healthy diet and exercising.
- Social wellbeing – having positive interactions with others to reduce loneliness and disconnection.
- Workplace wellbeing – having a purpose, good work-life balance and workplace identity.
- Societal wellbeing – being connected with local communities, including work communities.

Workplace wellbeing can be impacted by many factors, and the Covid pandemic changed the landscape dramatically. And still, years on, the impact is being felt as home working continues and, for many, blurs the lines between work and home life. The loss of a daily routine can have an impact, and years on, while new routines have been forged, the loss of what employees knew can be felt.

So Covid couldn't have been foreseen, but not all 'wellbeing for work' concerns stem from unforeseen events. Stress, grief and sadness stemming from 'everyday life' also play a part.

Our introduction to ['wellbeing at work'](#) is part of the wider ['Applying Psychology to Work Hub'](#).

It was created on the back of the pandemic, but the collection of free resources (articles, videos, audios and courses) curated by a team of applied psychologists within The Open University School of Psychology and Counselling, goes well beyond prepping for a disaster, as you'll discover.

Support the wellbeing of your workforce and make this your Learning at Work Week activity, or share with your wider workforce.

www.openlearn.com/applying-psychology-work



Join our FREE webinar...

The Open University is hosting a full day of keynote speakers and panel discussions, hosted by presenter and journalist, Ben Hunte, to understand how employers can attract, develop and grow young talent. Expect insights from Gen-Z's career expectations and values to ideas and practical advice on addressing the hybrid working and learning challenge and how to successfully grow your young talent.

[Click here to join us, for free, on 22 May](#)