# Ways to Mental Wellbeing

# Organizational Audit Tool

This tool can be used to assist your organization to audit your existing activities and how they are directly

linked to the Ways to Mental Wellbeing. It will help identify exactly what your organization does, who benefits, and where improvements can be made to maximize the use and implementation of the Ways to Mental Wellbeing within your organization.

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|  | **What you do** | **Who benefits** | **What other ways to mental wellbeing does this link with?** | **Areas for development** |
| C:\Users\SuTracy\Desktop\Ways to Mental Wellbeing Graphics\Connect.pngConnect |  |  |  |  |
| C:\Users\SuTracy\Desktop\Ways to Mental Wellbeing Graphics\Keep_Learning.pngKeep learning  |  |  |  |  |
| C:\Users\SuTracy\Desktop\Ways to Mental Wellbeing Graphics\Be_Active.pngBe active  |  |  |  |  |
| C:\Users\SuTracy\Desktop\Ways to Mental Wellbeing Graphics\Be_Mindful.pngBe mindful  |  |  |  |  |
| C:\Users\SuTracy\Desktop\Ways to Mental Wellbeing Graphics\Give_Back.pngGive back  |  |  |  |  |

Adapted with permission from the Belfast Health Development Unit

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