**Task 8 – Questionnaire on Wellbeing Policy**

Please complete this question and return it to your supervisor.

For this questionnaire, wellbeing refers to a person’s sense of worth, mental and physical health, and happiness.

**Question 1**

Identify at least two common factors in an individual’s personal life that can impact their wellbeing.



**Question 2**

Identify at least two common factors in an individual’s work duties and roles that can impact their wellbeing.



**Question 3**

What are at least two methods for communicating personal wellbeing matters with a supervisor?



**Question 4**

What do you feel are three benefits from using an Employee Assistance Program to support our workers?