**Individually, think about how you would include mental health and wellbeing strategies to your course and in your interactions with students and colleagues.**

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| What do you need to explore further to have the tools you need (i.e. your institution’s website, your department’s policies) |  |
| What are the next steps for you in terms of how you will change your work or daily practices in *your* sector? |  |
| What is your timeline and appropriate opportunities to apply what you have learned (i.e. including in course syllabi, reviewing prior to mid-terms, etc.?  |  |
| Reflect on your role as a sector and community leader. What can you do to be a good role model for your students? How will you normalise the right behaviours and mindset to manage stress and workload in a challenging environment?  |  |