

Mental Health and Well-being in Shell

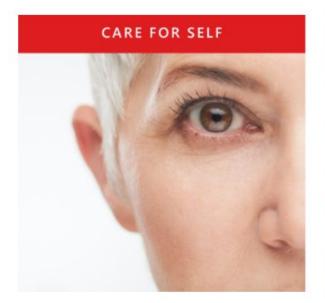


TRULY HUMAN CARE

We care for, include, and empower each other every day.

Truly Human Care empowers us all to continue to build a culture of care across our organization. This secontains resources to help you show care for yourself, others, and your team. Start by checking out Leadership Reflection, challenge yourself to implement a new Micro-Habit, share your best practices of portal, and care courageously by experimenting with something new.









"Nobody cares how much you know, until they know how much you care." ~ Theodore Roosevelt

Care culture and learner mindset

CARE FOR SELF



Micro-habits: Care for Self

Care During Change: Practical ways to care for yourself during change

Care for your Health: Sleep Well, Eat Well, Move Well

I'm not OK. What can I do?

Dealing with Uncertainty

Tips for Better Sleep

Tips for Managing Fatigue

Share Best Practices: How do you care for yourself?

Anxiety Care Moments Pack

CARE FOR OTHERS



Micro-habits: Care for Others

I want to be a Supporter

Tips for Having a Conversation with a Team Member (ALL ACT Approach)

I want to Check on my Co-worker

Supporting Each Other During Difficult Times

Share Best Practices: How has someone shown you care?

CARE FOR TEAM



Micro-habits: Care for Team

Creating a Caring, Psychologically Safe Team Environment

Inclusion Toolkit for Meetings

Resources for New Teams

I am worried about one of my team - A guide for Managers

Resilience Boosts - 15 Minute Team Exercises

Team Talks

- > I'm Not OK
- > Are you OK?
- > If physical health was treated like mental health
- > Empathy v. Sympathy
- > Care Funnel
- > You are not a label
- > Assumptions, labels and stigma



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Care and mental health during COVID



- Mindfulness
- Resilience for operators
- Parenting & working from home
- Stress & Coping
- Burnout
- **■** Finding Your Purpose
- WFH while managing the kids

- Resilience in adversity-The Stockdale paradox
- Join the London Choir of Shell (Shellissimo) singing from home and redefining communities
- Always Switched on? Thrive Offline-Digital Detox & Sleep
- The "One Thing wall"













I am not OK-Employee assistance program

Fueling Kindness for Mental Health



Mental Health Ambassadors

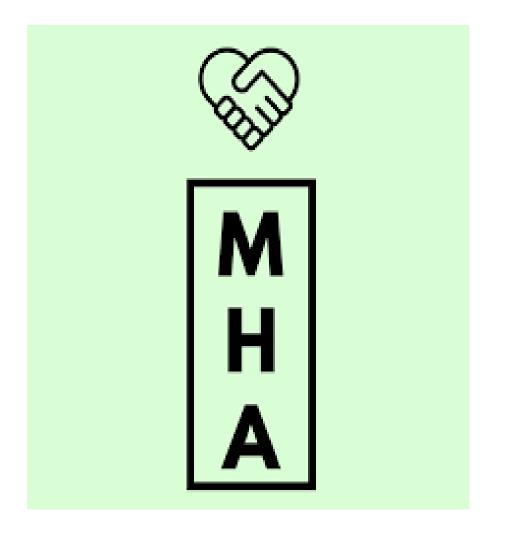
Ask Act
Look Check-back
Listen Take care of you

500

mental health ambassadors

75 leaders

mental health ambassadors



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