

# Wellness Policy Starter Template

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## **Sections:**

### **Purpose:**

To promote employee well-being and support mental, physical, and emotional health in the workplace.

### **Scope:**

Applies to all full-time, part-time, and contract staff.

### **Wellness Principles:**

- Encourage work-life balance
- Reduce stigma around mental health
- Create a culture of respect and support

### **Company Commitments:**

- Offer flexibility where possible
- Provide mental health support/referrals
- Recognise burnout and encourage time off

### **Employee Responsibilities:**

- Speak up when overwhelmed
- Treat others with respect
- Participate in wellness activities (optional)