

Linda Baston-Pitt: Supporting Health & Wellbeing

Extra resources and reading



Thriving at Work: a review of mental health and employers

An independent review of mental health and employers by Lord Dennis Stevenson and Paul Farmer.

<https://www.gov.uk/government/publications/thriving-at-work-a-review-of-mental-health-and-employers>

Britain's Healthiest Workplace

<https://www.vitality.co.uk/business/healthiest-workplace/>

Book:

Flourish: A New Understanding of Happiness and Well-Being - and How To Achieve Them: A New Understanding of Happiness and Wellbeing: The practical ...
psychology to make you happier and healthier

By Martin E.P. Seligman

[Amazon - £13.99 \(Paperback\) 0.99 \(Kindle\)](#)

TED Talk

Want to be happy? Be grateful

David Steindl-Rast

https://www.ted.com/talks/david_steindl_rast_want_to_be_happy_be_grateful

Action for Happiness (website)

<https://www.actionforhappiness.org/>