

SAFETY FIRST

CARE FOR COUNCIL

PEOPLE PROPERTY PLACE

What is it about?

"Your behaviour becomes your habit - keep it positive"



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Why is it important?

"By raising the consciousness of how we behave, focusing on all elements of behaviour, the Care for Council campaign is looking after the organisation through its focus on people, property and place"



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How do we do it?

"Western Downs Regional Council has a strong focus on the commitment to raising the consciousness of the safety and wellbeing for its employees, encouraging positive behaviours resulting in a culture that cares for people, property and place"



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30 Day Positivity Challenge

Day 1: Take a deep breath and smile	Day 2: Make a list of things you like about yourself	Day 3: Make a list of things you love about someone else and give it to them	Day 4: Invite a friend somewhere	Day 5: Compliment someone
Day 6: Do a favour for someone	Day 7: Look yourself in the mirror and tell yourself 3 things you like about yourself	Day 8: Say hi to a stranger (or at least smile)	Day 9: Try to solve a disagreement with someone	Day 10: Buy / pick some flowers for someone
Day 11: Do something that makes you happy	Day 12: Tell loved ones how you feel about them	Day 13: Leave someone a happy note (e.g "Have a great day")	Day 14: Cook a meal for someone	Day 15: Buy yourself a little treat
Day 16: Listen to your favourite upbeat song	Day 17: Offer to help someone	Day 18: Walk on the grass with bare feet	Day 19: Speak nicely about other people	Day 20: Give someone a hug
Day 21: Visit grandparents / relative or call them if they live too far away	Day 22: Donate to a charity	Day 23: Make someone laugh / smile	Day 24: Contact a friend you haven't seen for a while	Day 25: Make a list of little things you appreciate / are thankful for
Day 26: Take time for yourself and relax	Day 27: Catch up with a friend for a coffee / lunch	Day 28: Go for a walk in the fresh air	Day 29: Try to be positive all day	Day 30: Go outside, close your eyes, listen to the sounds of nature

Think positive and positive things will happen!

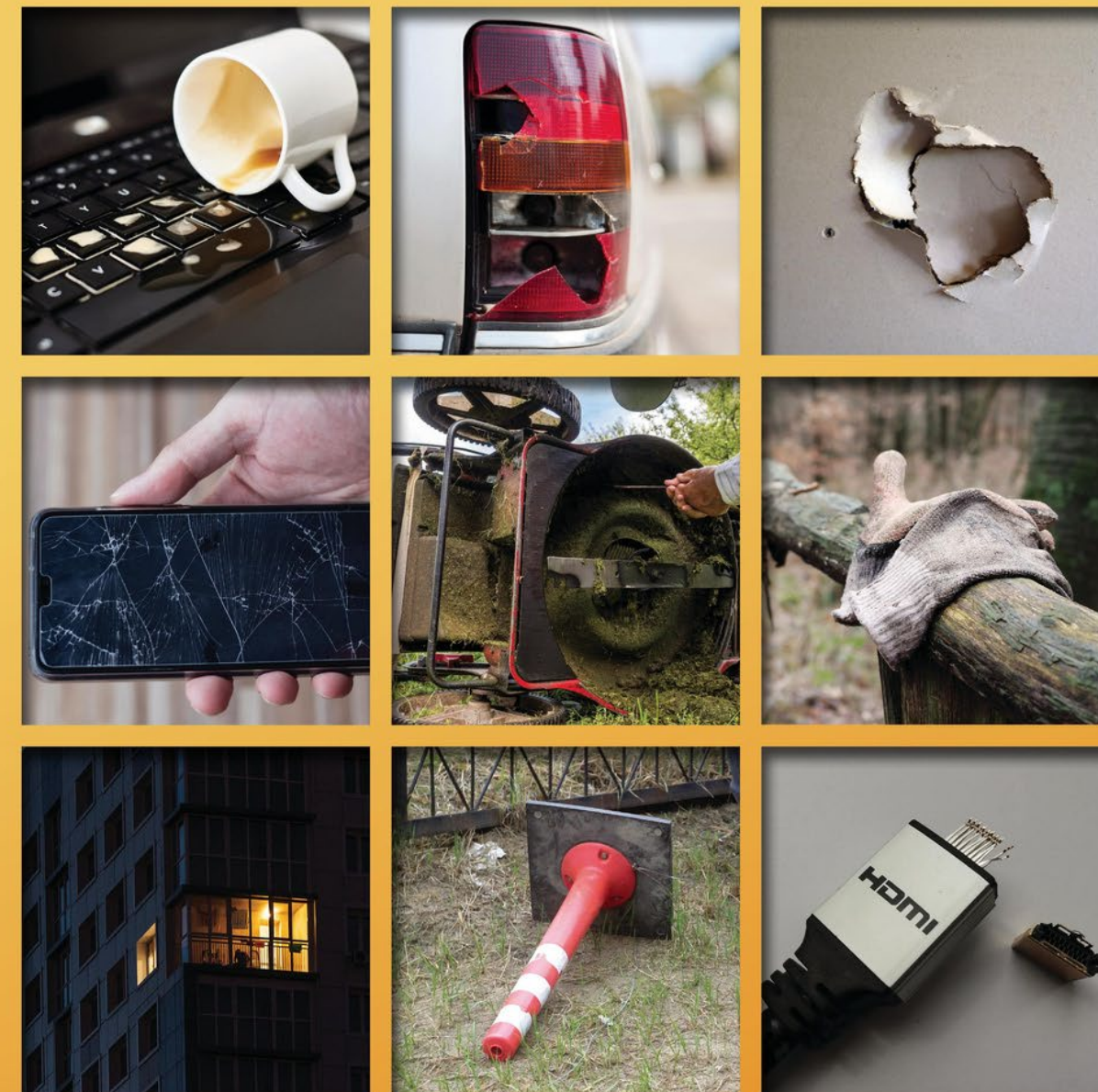
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CARELESSNESS COSTS.

MOMENTS OF INATTENTION ADD UP.

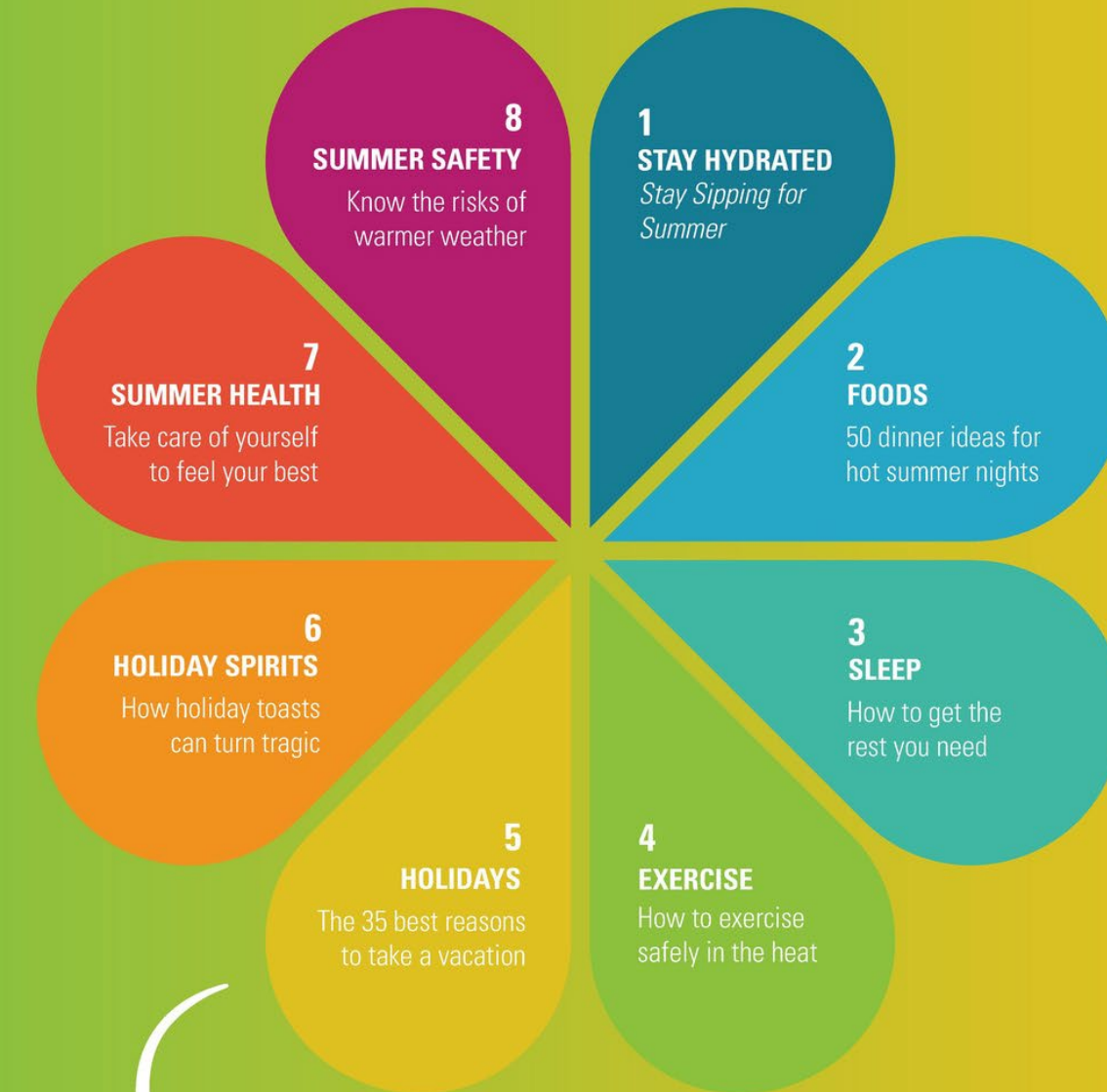
CARE FOR COUNCIL PROPERTY - WE'RE ALL RESPONSIBLE.

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SPRING INTO SUMMER!



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What makes it successful?

"A cultivation of positivity and mindfulness, directly improving culture"

