

Wellbeing Through Adventure

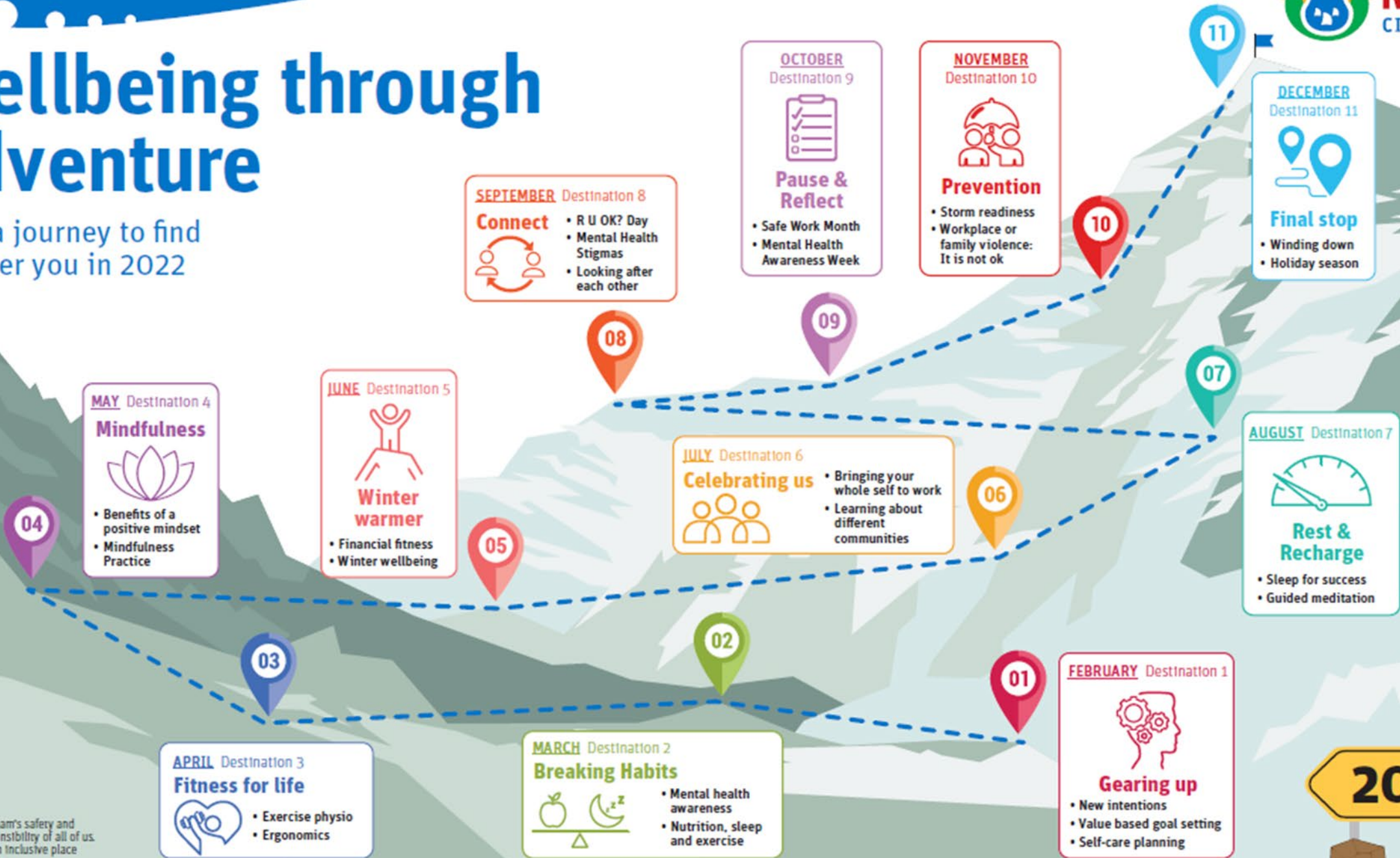
“Choose your own adventure”

A LGMA award winning program




Wellbeing through adventure

Take a journey to find a better you in 2022



MAY Destination 4
Mindfulness



- Benefits of a positive mindset
- Mindfulness Practice

JUNE Destination 5
Winter warmer



- Financial fitness
- Winter wellbeing

SEPTEMBER Destination 8
Connect



- R U OK? Day
- Mental Health Stigmas
- Looking after each other

OCTOBER Destination 9
Pause & Reflect




- Safe Work Month
- Mental Health Awareness Week

NOVEMBER Destination 10
Prevention



- Storm readiness
- Workplace or family violence: It is not ok

DECEMBER Destination 11
Final stop



- Winding down
- Holiday season

AUGUST Destination 7
Rest & Recharge



- Sleep for success
- Guided meditation

JULY Destination 6
Celebrating us




- Bringing your whole self to work
- Learning about different communities

FEBRUARY Destination 1
Gearing up



- New intentions
- Value based goal setting
- Self-care planning

MARCH Destination 2
Breaking Habits



- Mental health awareness
- Nutrition, sleep and exercise

APRIL Destination 3
Fitness for life



- Exercise physio
- Ergonomics

2022



Safety at Heart: Our team's safety and wellbeing are the responsibility of all of us. So is making Council an Inclusive place where everyone belongs.



Faculty of Health Sciences

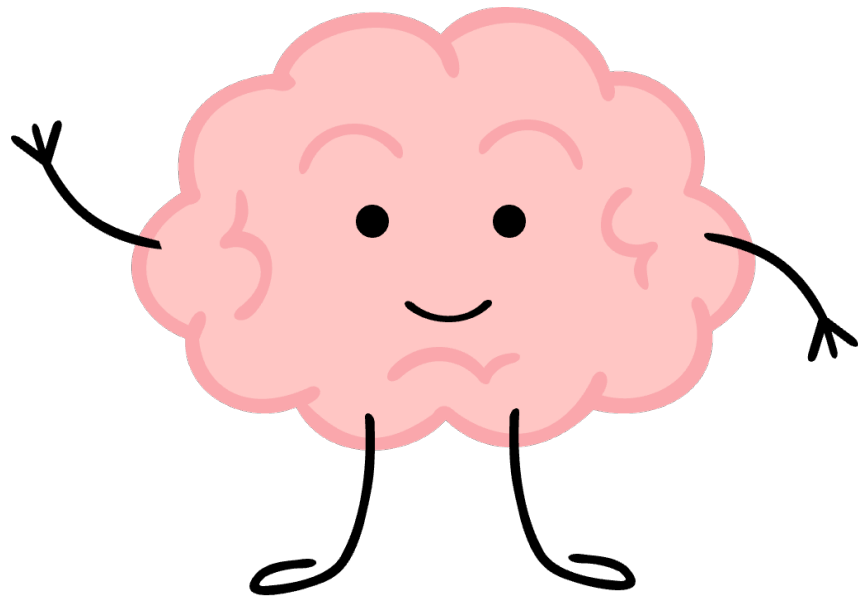
Wellbeing Through Adventure, Destination 4 Mindfulness

- 1  Download the HeadGear App and complete the 30 day mindful journey
- 2  Start building 3 minutes of mindfulness into your day
- 3  Take 5 for some quiet time and be still by yourself
- 4  Take a mindful walk on your lunch break
- 5  Draw, colour in or be creative. Art can help de-stress
- 6  Write down 3 things you are grateful for
- 7  Break consistently
- 8  Disconnect – set aside time away from your phone
- 9  Listen to your favourite song
- 10  Eat mindfully. Appreciate the taste, texture & smell of your food
- 11  Watch the clouds go by for a few minutes today
- 12  Be mindful at work. Encourage open conversations
- 13  Improve sleep, take time to wind down screen free
- 14  Declutter your mind
- 15  Appreciate nature around you, wherever you are
- 16  Focus on the good things you take for granted
- 17  Be present with family or friends
- 18  Go outside even if it's for 10 minutes
- 19  Have a soak in the bath to help clear your mind
- 20  Be kind – observe 3 things that you love about yourself
- 21  Declutter your mind
- 22  Have a screen free night to recharge
- 23  Give yourself a boost, laugh or make someone laugh
- 24  For 10 breaths - breathe in for count of 5 and breathe out for count of 6
- 25  Take a minute and acknowledge your feelings
- 26  Notice the beauty of nature during a walk/run
- 27  Stay stress free with a full lunch break away from work
- 28  Declutter your mind
- 29  Give someone a sincere compliment
- 30  Think about your favourite person, what do they mean to you
- 31  Think of something you are looking forward to

During this month there were moments to practice mindfulness in your own time as well as during work hours:

- Indigi-walks
- Yoga in PAC
- Mindfulness Moment Photo Comp
- Sharing your story – Mental Health conversations

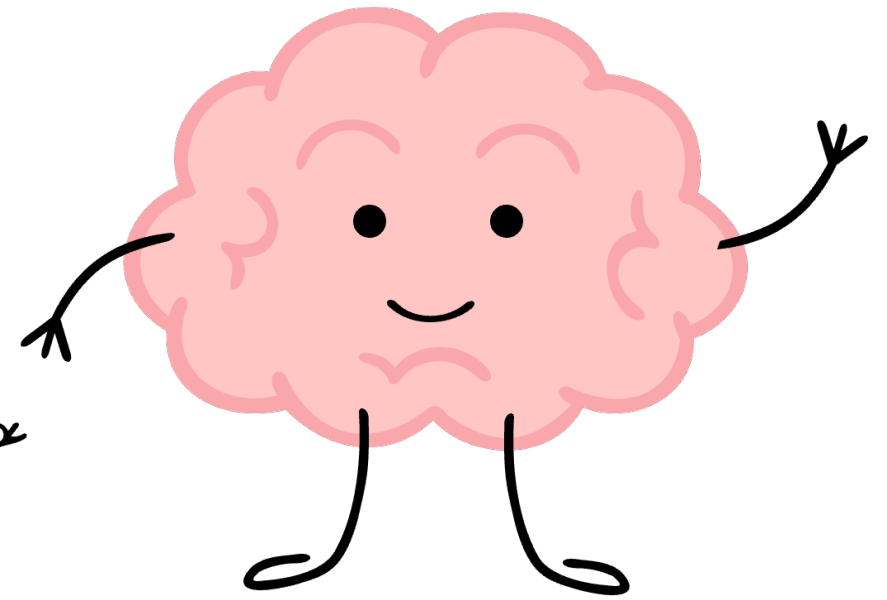
Please scan here for more information on this month's activities and online resources on mindfulness, meditation and breathing.



Peer Support
Officers



Wellbeing Coach



Acacia EAP

The Healthy Minds Network Launched

Feedback...

"I think the whole thing was amazing and that there was something there for me if I wanted to participate. I also loved how lots of colleagues shared their feelings and experiences on a variety of topics. Well done for encouraging a safe space."