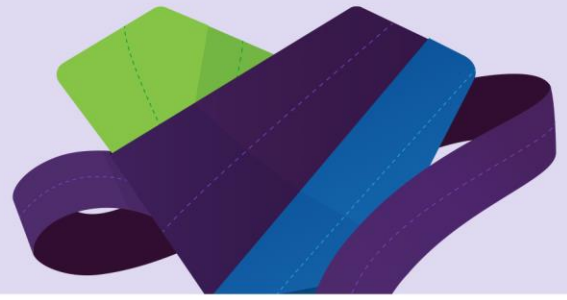


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Looking after yourself and your wellbeing during COVID-19.

How did Queensland's Chief Health Officer not burnout during the pandemic?

QG Breakfast Series
Hosted by the Women's Network

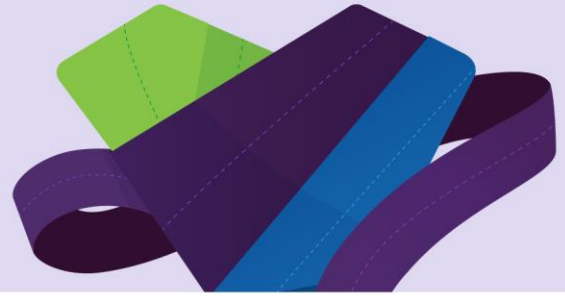
Resource Pack



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Wellness Dimensions

Reference: <https://www.forgov.qld.gov.au/be-healthy-be-safe-be-well-framework>

Wellbeing dimensions are different aspects or elements of wellbeing. The 5 dimensions are:

- Physical wellbeing
- Psychological wellbeing
- Social wellbeing
- Workplace wellbeing
- Financial wellbeing.

Self-Assessment Activity: The Wheel of Wellbeing

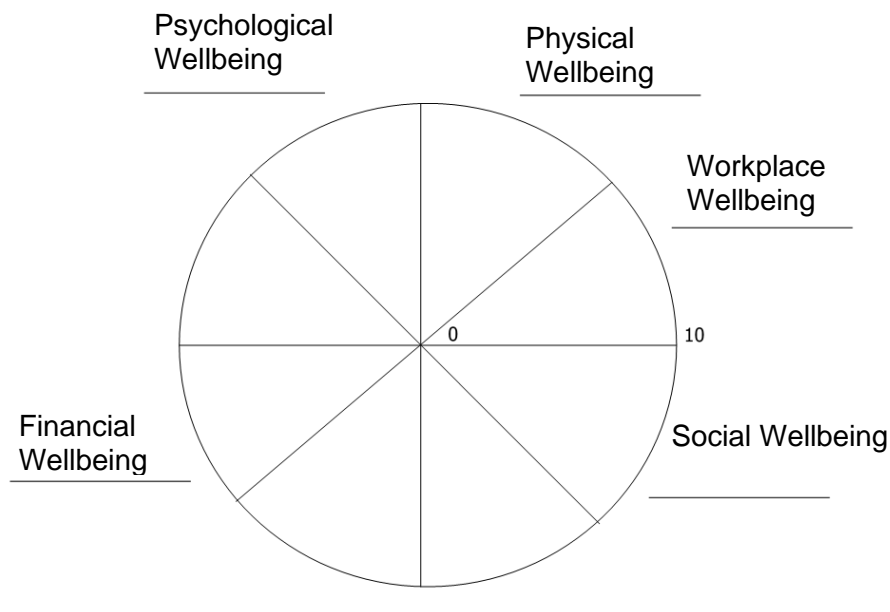
The Wheel of life can be used to find balance in your life. When life is busy, or all your energy is focused on a special project or time-consuming task, it is very easy to find yourself off balance. This activity can help to give you a 'helicopter view' of your life, so that you can bring things back into balance.

Completing the Activity

1. Taking the centre of the wheel as 0 and the outer edge as 10, rank your level of satisfaction with each area out by placing a dot on the scale of 1 to 10.

10 = Very Good 1 = Not Very Good

2. Connect the dots to create a new perimeter. This new circle perimeter represents your Wheel of Life – is it a bumpy ride?



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Wellness Tools and Resources

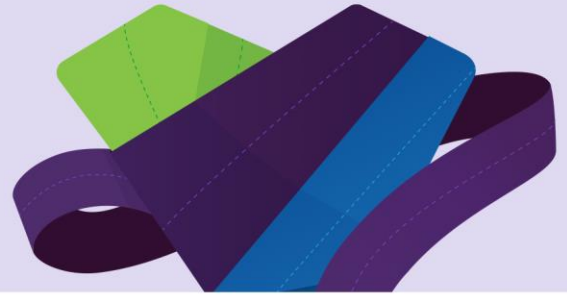
Now that you have determined what your own wheel of life looks like, you may be able to identify areas of life which are off balance. We have provided some tools and resources below which may support you in creating greater balance for yourself.

Psychological Wellbeing	Physical Wellbeing	Social Wellbeing	Financial Wellbeing	Workplace Wellbeing
<p>Queensland Government Dear Mind</p> <p>This website focuses on the building blocks for mental wellbeing and includes activities and support resources.</p> <p>https://mentalwellbeing.initiatives.qld.gov.au/</p>	<p>Yoga with Adriene</p> <p>Free yoga videos for every age, ability and time.</p> <p>https://www.youtube.com/user/yogawithadriene</p>	<p>MeetUp Website</p> <p>Access to different community interest groups who MeetUp in Brisbane.</p> <p>https://www.meetup.com/</p>	<p>QSuper Website</p> <p>Provides members with financial wellbeing support and resources</p> <p>https://qsuper.qld.gov.au/super/seminars</p>	<p>Workplace Health Services</p> <p>This SOA offers a list of the available services for:</p> <ul style="list-style-type: none"> - Group 1: Employee Assistance Services - Group 2: Employee Health Services - Group 3: Workplace Interventions to address all 5 dimensions of wellbeing. <p>http://qcd.govnet.qld.gov.au/Pages/Details.aspx?SOANumber=QGP0048-18</p>
<p>Queensland Mental Health Commission</p> <p>COVID-19 and mental health</p> <p>https://info.qmhc.qld.gov.au/covid19-and-mental-health</p>	<p>Queensland Government</p> <p>www.qld.gov.au › health › staying-healthy › fitness</p>	<p>Triple P Positive Parenting Program</p> <p>Triple P Positive Parenting Program</p>	<p>Beyond Blue Website</p> <p>Financial wellbeing and mental health</p>	<p>Be healthy, be safe, be well framework</p> <p>https://www.forgov.qld.gov.au/be-healthy-be-safe-be-well-framework</p>
<p>Headspace App</p> <p>Meditation and mindfulness for any mind, any mood, and goal. A website an app focused on Meditation, Sleep, Stress, and Mindfulness.</p>	<p>Brisbane City Council</p> <p>Active and healthy events Brisbane City Council</p>	<p>Red Cross Volunteer Work</p> <p>Volunteer Work Opportunities & Community Service Australian Red Cross</p>	<p>Canstar</p> <p>https://www.canstar.com.au/</p>	<p>Heads Up Healthy Workplaces</p> <p>A Beyond Blue initiative, supported by the Mentally Healthy Workplace Alliance</p>

https://www.headspace.com/				https://www.headsup.org.au/healthy-workplaces
<p>Beyond Blue</p> <p>https://www.beyondblue.org.au</p> <p>National Mental Health Commission</p> <p>#InThisTogether: Supporting our mental health during Coronavirus (COVID-19) - National Mental Health Commission</p>	<p>Health and Wellbeing Queensland</p> <p>https://hw.qld.gov.au/</p>	<p>Grow Australia</p> <p>https://grow.org.au/</p>	<p>ASIC Money Smart</p> <p>provides useful tools and resources including:</p> <ul style="list-style-type: none"> • Budgeting • Banking • Saving • Managing debts • Getting your money on track • Money health calculators and toolkits <p>https://moneysmart.gov.au/</p>	<p>Mentally Healthy Workplace Alliance</p> <p>An Australian alliance, bringing together business, unions, the mental health sector and regulators to promote mentally healthy workplaces.</p> <p>https://www.headsup.org.au/general/about-us/mentally-healthy-workplace-alliance</p>
<p>Lifeline</p> <p>https://www.lifeline.org.au/get-help/information-and-support/covid-19/</p>	<p>Queensland Walking Strategy</p> <p><i>Queensland Walking Strategy 2019–2029 (PDF, 2.8 MB)</i>: sets the direction to make walking an easy choice for everyone, every day over the next 10 years.</p> <p>https://www.tmr.qld.gov.au/Travel-and-transport/Pedestrians-and-walking/Queensland-Walking-Strategy</p>	<p>Ending Domestic and Family Violence resources</p> <p>https://www.cyjma.qld.gov.au/campaign/end-domestic-family-violence/resources</p>	<p>Queensland Government COVID-19 financial support</p> <p>https://www.covid19.qld.gov.au/government-actions/financial-support-for-individuals</p>	<p>Worksafe Queensland</p> <p>Work health and wellbeing toolkit</p> <p>https://www.worksafe.qld.gov.au/safety-and-prevention/health-and-wellbeing/managing-chronic-disease-at-work/work-health-and-wellbeing-toolkit</p>
<p>Smiling Mind</p> <p>https://www.smilingmind.com.au/</p>	<p>Queensland Government – Exercise 101</p> <p>https://www.healthier.qld.gov.au/fitness/</p>		<p>ANZ at Work program</p> <p>Visit the ANZ@work website</p>	

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Self-Assessment Activity

1. What does taking care of your health and wellbeing mean to you?

2. What did you do during COVID to take care of your own health and wellbeing?

3. What is one thing you could do right now that would make a positive impact on your health and wellbeing?

4. What resources or support do you need to achieve this? What action can you take to access these resources or support?

5. What can your workplace do to enhance employee wellbeing?

