



# RUOK365

*Facilitator: Andrew Jones*

*“I define connection as the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship.”*

Brené Brown

- Transactional vs Transformational relationships

## *Impact of social connections*

Social connectedness has been shown to be a more consistent predictor of mental health (2017).

It has also been linked to:

- Improved quality of life
- Better management of our emotions
- Better immunity
- Better self esteem and empathy
- Boost to mental, physical and social health
- 50% chance of living longer
- Decreases risk of suicide



# **Monash Health Training Program: Promoting Mentally Healthy Teams Psychological First Aid**

Module 1: Mentally Healthy Workplaces

Module 2: Mental Health Awareness

Module 3: Psychological First Aid

Module 4: Fostering Healthy Wellbeing

Lots of interactive case studies, clear information about our obligations and strategies for building a thriving team

# NABHEALTH Australian Wellbeing Survey Drivers July 2021

## WELLBEING DRIVERS (NET BALANCE)

