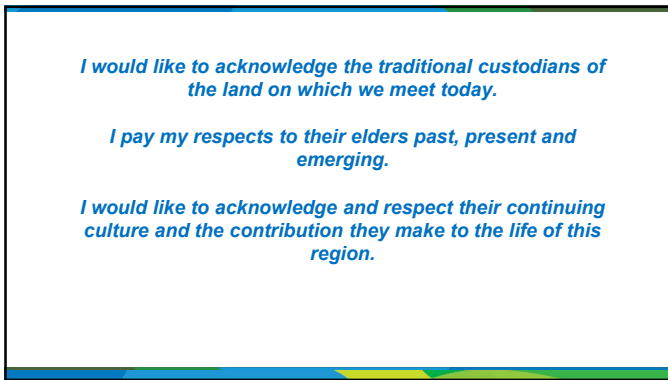
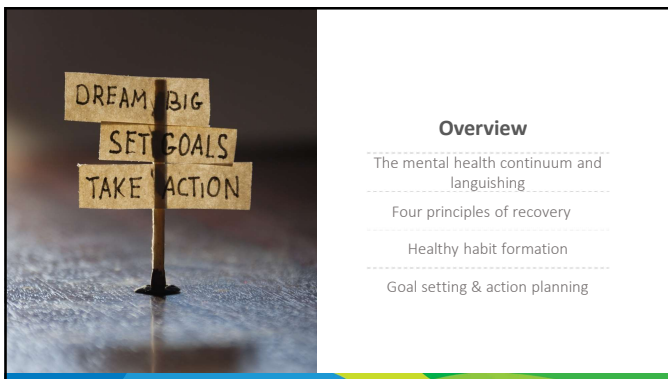




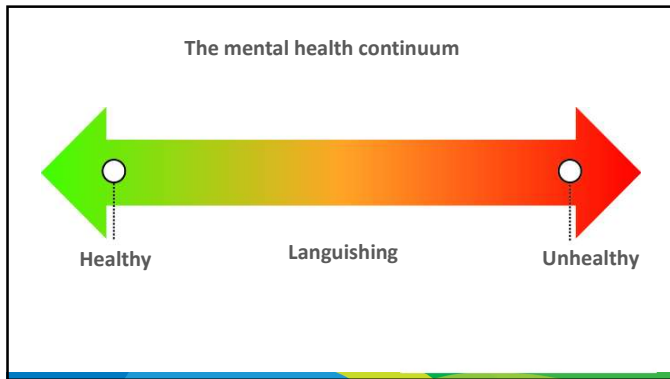
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4

Protective Factors vs Risk Factors

- Protective factors are the actions we take to contribute to our wellbeing
- Risk factors increase the risk of mental health concerns
- During stress or adverse events, it's critical that we increase our protective factors to balance the increased risk factors

5

SQUARE BREATHING

1. INHALE (BOTTOM ARROW)
2. HOLD (RIGHT ARROW)
3. EXHALE (TOP ARROW)
4. HOLD (LEFT ARROW)

BOX BREATHING

6

RELAXATION

Pause & breathe

- ✓ Choose a "down time" activity to complete during a break, when you're eating lunch, or switching off for the day.
- ✓ Relaxation activities may include:
 - ✓ Relaxed breathing
 - ✓ Mindfulness
 - ✓ Spending time in nature
 - ✓ Listening to music/audiobook/podcast
 - ✓ Aromatherapy
 - ✓ Massage



7

FEELING IN CONTROL

The degree to which a person can decide which activity to pursue.

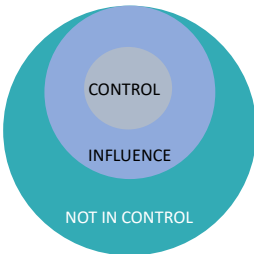
How do you feel in control?



8

Feeling in Control

- **CONTROL:** My thoughts, feelings and behaviours. My response to setbacks and adversity. My self-care and resilience strategies
- **INFLUENCE:** Circumstances that we can influence but cannot control
- **OUTSIDE OF CONTROL:** A whole range of circumstances may be beyond our control. We can focus on them and worry about them, this is known as ceaseless striving



9

MASTERY EXPERIENCES

- DIY project
- Improve your cooking skills
- Learn a language
- Paint
- Learn a musical instrument
- Gardening/landscaping
- Complete an online course



10

PSYCHOLOGICAL DISTANCE

The Third Space

FIRST SPACE

THIRD SPACE

SECOND SPACE

REFLECT | REST | RESET

11

Our brains and habits



12




Common everyday
habits include ...

13



14



Habits

- Our brain loves habits, they help us to conserve energy and be efficient
- Your routine and habits have likely changed due to lockdown and restrictions and you may find this impacts your wellbeing
- Today we are going to explore how we can develop healthy habits

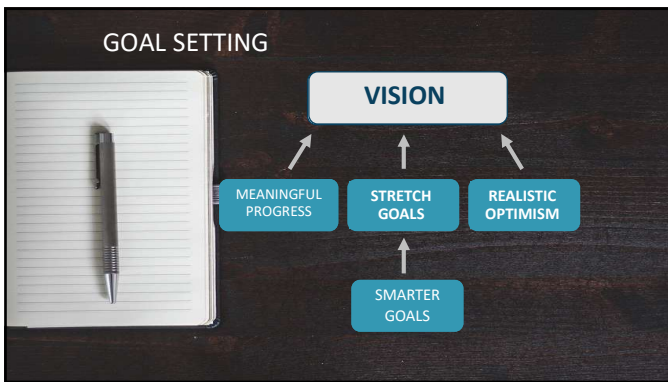
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Self-care Strategies

- Eat healthy
- Exercise
- Stretch
- Nature
- Be creative
- Quality sleep
- Relationships
- Relaxation
- Mindfulness
- Professional development
- Reframing/Growth Mindset
- Act of kindness
- Hobbies
- Discuss wellbeing

16



17



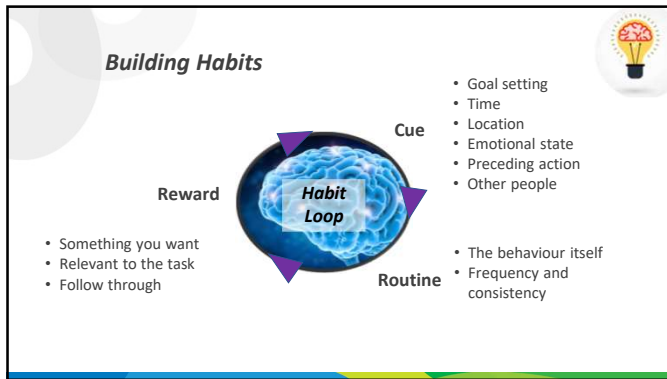
How to set motivational goals

- S**pecific
- M**easurable
- A**ction oriented
- R**ealistic
- T**imed
- E**valuated – check point
- R**evised/rewarded

*** Commitment:**

- importance
- self-efficacy

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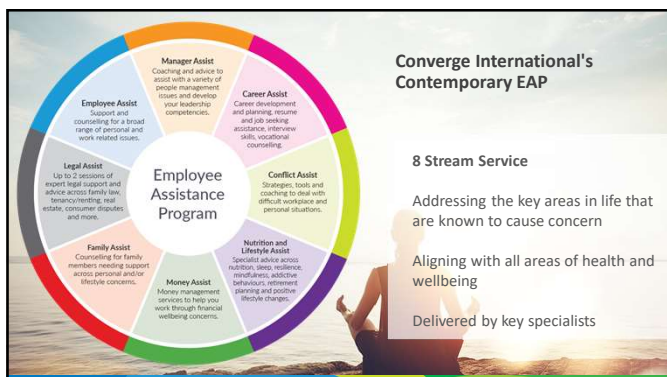


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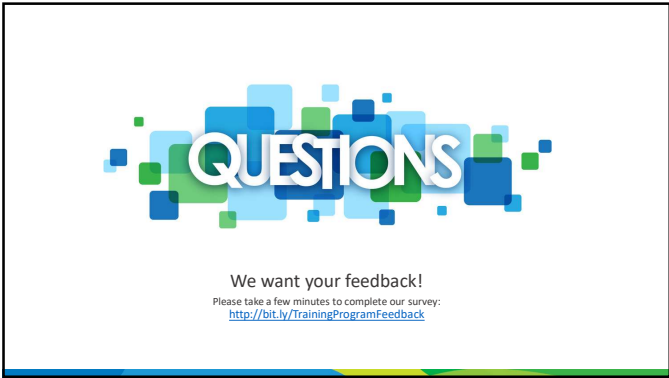
Creating Habits

Sub-Goal	Cue	Routine	Reward
Exercise Exercise 3 times a week for at least 20 min	Wear running clothes to bed each night, with running shoes next to bed, set alarm for 6am.	Run for 20min set watch and distance to capture running time	Large latte with breakfast
Nutrition Eat 3 veg and 2 fruit per day, with 1 cheat day per week	Subscribe to food delivery service, set meals to have at least 3 veg and 2 fruit per day	Eat food available each week in fridge – supplement any dinner meals that is less than 3 veg and 2 fruit with breakfast and lunch	Enjoy cheat day on Sunday
Sleep Implement bed routine each night and be in bed by 11pm	Set alarm at 10:30pm to start bed routine	At 10:30pm, turn TV off, have a shower/bath, set bedroom to 18 degrees, listen to book on tape in bed	Plan a night out with friends on the weekend
Drugs and Alcohol Reduce the amount of beer purchased by a 6-pack	Buy a case of beer each month, donate or share at least a half with friends, family or neighbours	Restrict drinking to the amount available in the house each month	Place the cost of a 6-pack into a jar, after 6 months put towards a vacation
Other – Mindfulness Meditate every night before bed	Place a note reminding me to practice mindfulness on my phone charger next to my bed	Practice mindfulness until I go to sleep	Spend 5 minutes checking social media when waking up

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