



Self-Care & Wellbeing Resources

Cognitive Re-Appraisal

CBT Thought Record Diary is a free App based CBT program that can be obtained by downloading onto your portable device. Visit the Play Store or I-Tunes.



Optimism

The Happify App is backed by research from a variety of experts. It includes many games and activities that can be practiced on your phone that have been proven effective to help you become happier and more optimistic, and even change your thought patterns.



Mindfulness

Mindfulness for wellbeing and peak performance is a free online six week Mindfulness program developed in conjunction with Monash University, facilitated by Dr Craig Hassed and Dr Richard Chambers, and delivered via the training portal Future Learn. Below is a summary of the course taken from the website. Visit the website for more details and to enroll.

<https://www.futurelearn.com/courses/mindfulness-wellbeing-performance>

Workshop Resources: Strengthening Resilience - Promoting Workforce Self-Care and Well-Being

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'This practical six-week course explores the science, practice and philosophy of mindfulness. You will learn how to incorporate mindfulness practices into your life to reduce stress, improve mental health, and enhance your personal and professional life... You will also develop an attitude of friendliness and compassion toward yourself, as opposed to self-criticism. These mindfulness-based approaches have been found to improve executive functioning, learning and memory, performance, communication, empathy, and mental and physical health.'

Sleep Management Resources

Listed below are four easy to access resources providing tips and techniques to assist with improving sleep:

- Anxiety and Sleep (Sleep Health foundation):
<http://www.sleephealthfoundation.org.au/files/pdfs/AnxietyandSleep.pdf>
- Sleep Hygiene (Sleep Disorders Australia):
https://www.sleepoz.org.au/files/fact_sheets/AT09%20-%20Sleep%20Hygiene.pdf
- Obtain the following app from the i-Tunes or Play Store: Sleep Well Hypnosis – Insomnia & Sleeping Sounds



Stress Management Resources

Listed below are three easy to access resources providing stress management strategies:

- Understanding and Managing Stress (The Australian Psychological Society):
<https://www.psychology.org.au/Assets/Files/StressTipSheet.pdf>
- Hints to Avoid Harmful Stress (Black Dog Institute):
<http://www.blackdoginstitute.org.au/docs/19.StressHintstoAvoidHarmfulStress.pdf>
- How to Manage Stress (Mind for Better Mental Health):
<http://www.mind.org.uk/media/977061/how-to-manage-stress-2012-2-.pdf>

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