

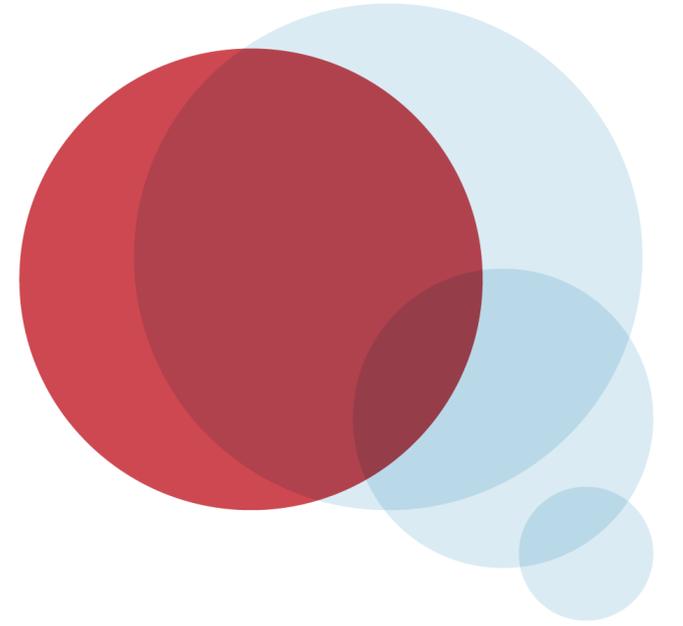


**CARANICHE
AT WORK**

Making people the priority



**Workplace
Wellness
Starts Here**



Supporting Self and Others

through the Covid19 pandemic

Acknowledgement of Country

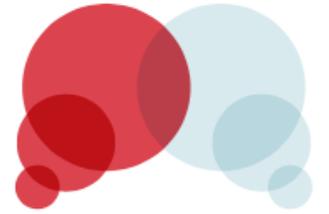


Here we stand on Country on which members and Elders of the local Indigenous community and their forebears have been custodians for many centuries and on which Aboriginal people have performed age-old ceremonies of celebration, initiation and renewal. We acknowledge the traditional owners of all the lands upon which we today meet and pay our respects to Elders, past, present and emerging.



Caraniche acknowledges the living culture and unique role of members and Elders of the local Aboriginal community and their forebears. The artist of this work, Sheldon Blunt, has granted permission for it to be reproduced.

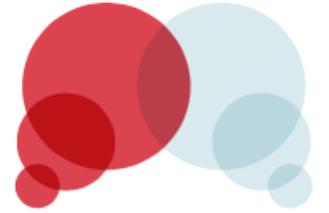




Previous Session Recap

- Different types of Stress
- Fatigue
- Stress and fatigue signs to look out for
- Prevention and Response
- Self Care

Today we will look at...



Recognising when we need to focus on recovery



What can happen if we don't do this



Recovery and self care tips



Supporting others

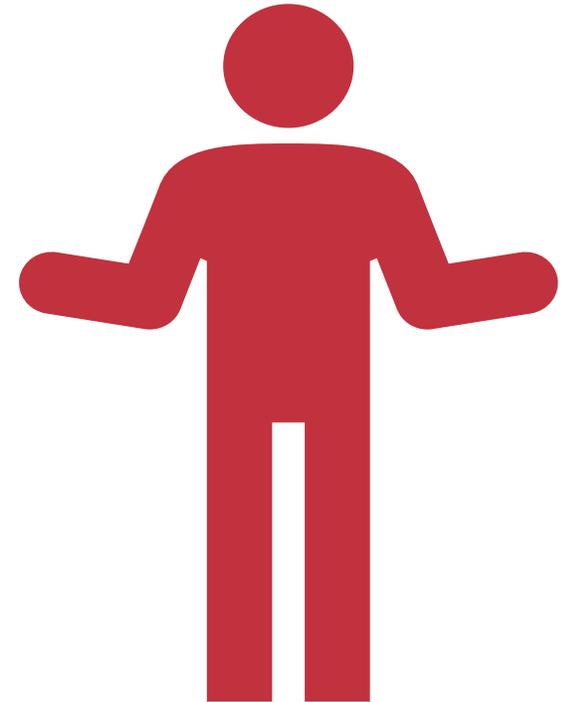


Questions/Reflections

Recognising that we need to focus on recovery

Signs and symptoms can be:

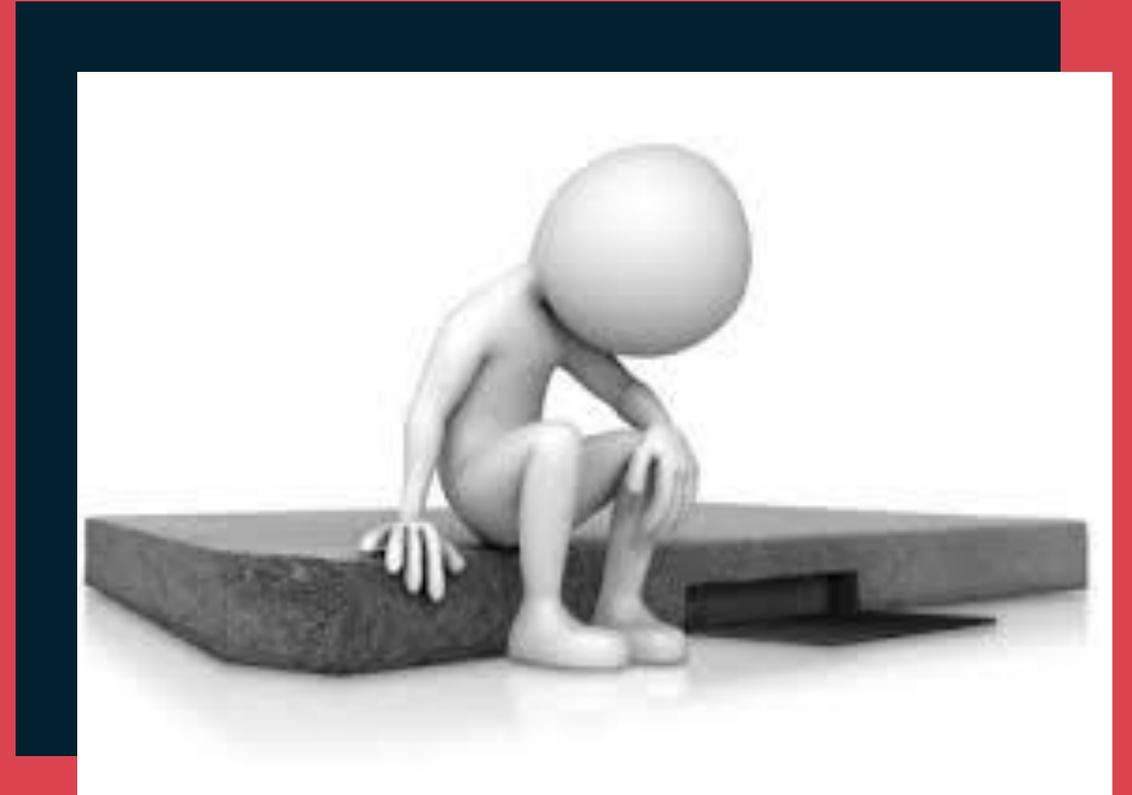
- Emotional
- Physical
- Cognitive
- Behavioural



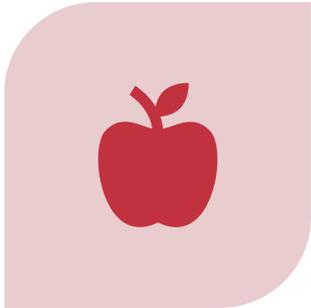
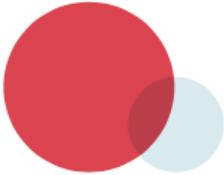
What happens if we don't focus on recovery?

STRESS: Over time stress can result in more chronic problems in health, behaviour and wellbeing

INTERVENE EARLY: It is highly beneficial to intervene early and implement strategies to manage and reduce stress!



Recovery and Self Care Tips



NUTRITION



EXERCISE



RELAX



SLEEP

Recovery and Self care Tips



AVOID CONFLICT



SEEK SUPPORT

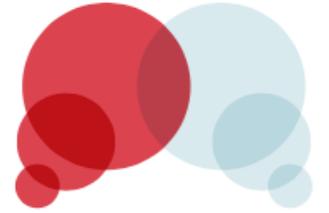


ENGAGE IN PLEASURABLE
ACTIVITIES



MANAGE STRESS

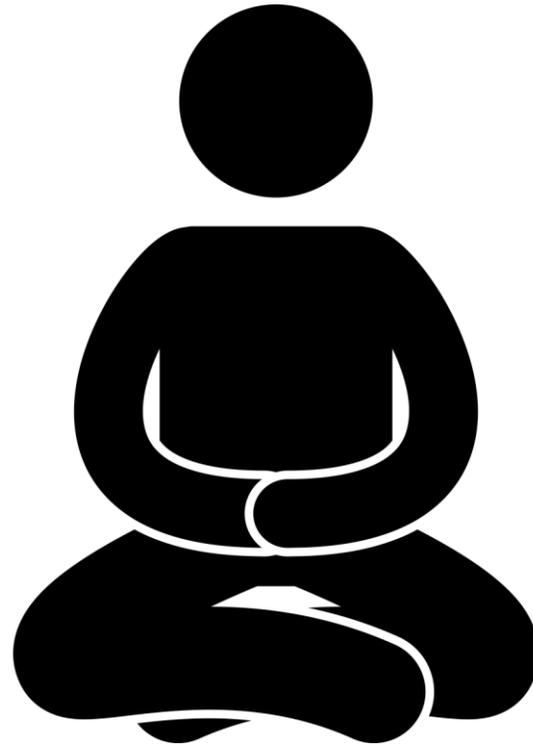
Supporting Others...

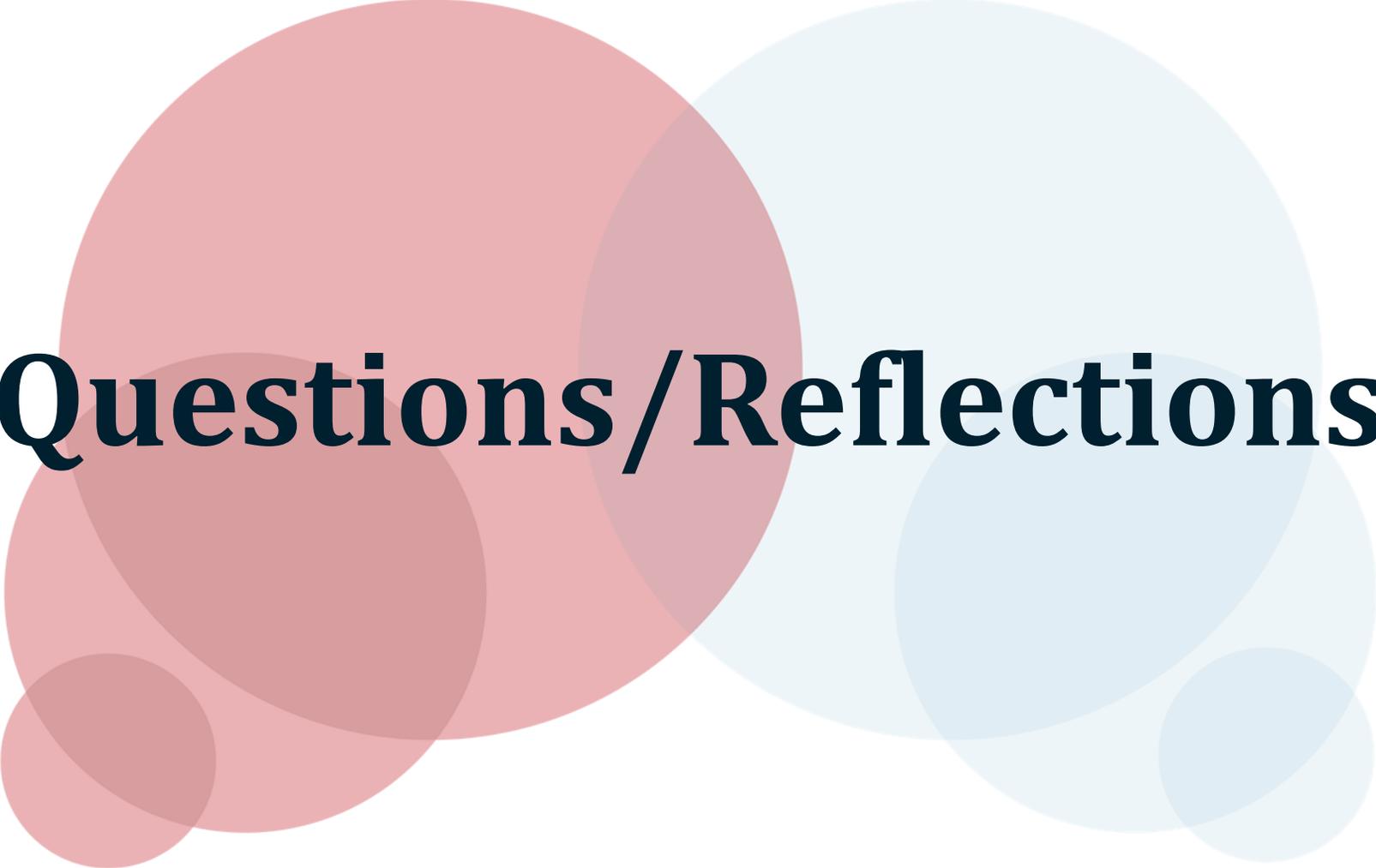


- Have the conversation
- Take time to listen with compassion
- Practice empathy
 - No judgement, criticism or negativity
- Adopt a solution focused approach
- Ask them what support they have and what the need from you/WH
- Follow up

The Body Scan Practice – *Activity*

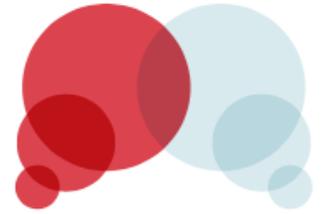
<https://www.mindful.org/the-body-scan-practice/>





Questions/Reflections

Support options



CaW/WH Employee Assistance Program **1800 099 444**



WH Wellbeing team/GPs/external clinicians/support lines

WellbeingSupport@wh.org.au



Other Resources

GP

Phone lines, ie. Lifeline- 13 11 14

Wellbeing Apps

Get in touch

E: work@caraniche.com.au

W: work.caraniche.com.au

P: 1800 099 444

DISCLAIMER These materials are intended to assist employers, workers, and others as they strive to improve workplace health and safety. While we attempt to thoroughly address specific topics, it is not possible to include discussion of everything necessary to ensure a healthy and safe working environment in a presentation of this nature. Thus, this information must be understood as a tool for addressing workplace hazards, rather than an exhaustive statement of an employer's legal obligations, which are defined by statute, regulations, and standards. Likewise, to the extent that this information references practices or procedures that may enhance health or safety, but which are not required by a statute, regulation, or standard, it cannot, and does not, create additional legal obligations. Finally, over time, regulators may modify rules and interpretations in light of new technology, information, or circumstances; to keep apprised of such developments, or to review information on a wide range of occupational safety and health topics, you can visit regulatory web sites.