

# Looking after yourself and wellbeing

Based on QG Breakfast Series: *How did Queensland's Chief Health Officer not burnout during the pandemic?*

## Wellness Dimensions

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

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

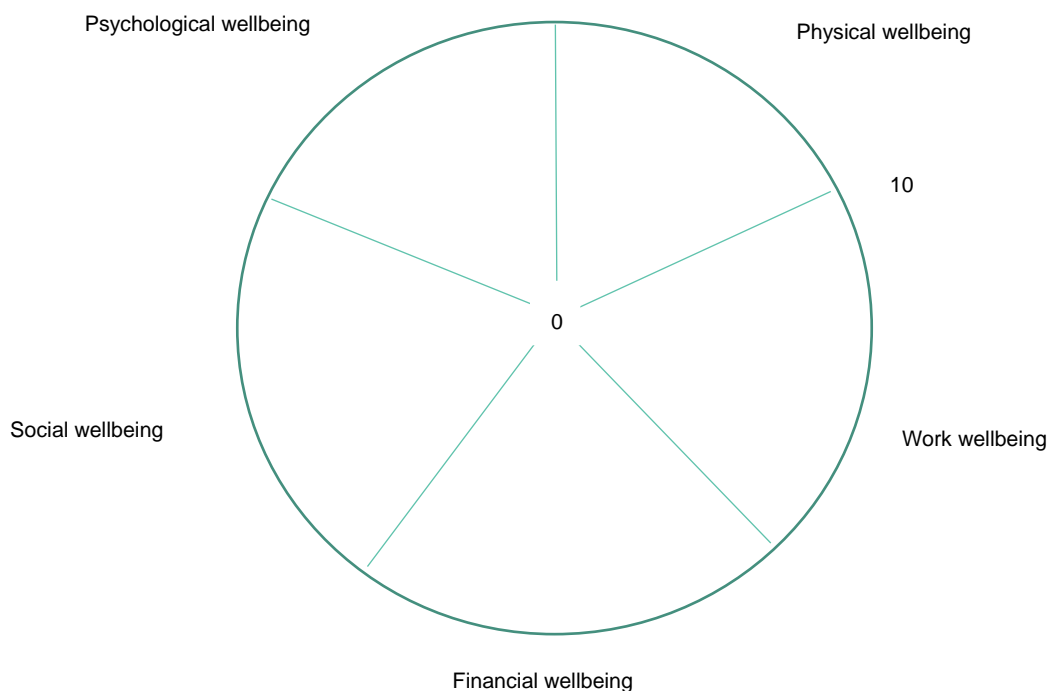
- Physical
- Psychological
- Social
- Work (Occupational)
- Financial

## Self - Assessment Activity: Well 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 to bring your life back into balance.

Take the centre of the wheel as a 0 and the outer edge as a 10- rank your level of satisfaction with each area by placing a dot on the scale of 1 to 10. **1 = Not Very Good. 10 = Very good.**

Connect the dots to create a spider web that represents your wheel of life. If it is bumpy think about the additional lifestyle strategies, you can put in place to smooth it out.



# Wellbeing tools and resources

<b>Physical Wellbeing</b>	<ul style="list-style-type: none"> <li>- <a href="#">Boost your healthy</a> - Support, inspiration and ideas to stay healthy and active (Health and Wellbeing Queensland)</li> <li>- Engage in workplace activity events – 10,000 steps, push up challenge</li> <li>- <a href="#">Move more sit less</a> and explore sit/stand desk</li> <li>- <a href="#">My Health for Life</a> - free, six-month program where you work with a health coach to achieve your health goals.</li> <li>- Brisbane City Council – active and healthy events</li> </ul>
<b>Psychological</b>	<ul style="list-style-type: none"> <li>- <a href="#">Queensland Government Dear Mind</a> – focuses on building blocks for mental wellbeing</li> <li>- <a href="#">Guide to free digital mental health resources (Australian Government)</a></li> <li>- Headspace App – meditation and mindfulness for any mind and mood</li> <li>- <a href="#">Beyond Blue's New Access</a> (free coaching through tough times)</li> <li>- Lifeline 13 11 14</li> <li>- <a href="#">Helplines and other support</a></li> </ul>
<b>Social</b>	<ul style="list-style-type: none"> <li>- <a href="#">Community Recovery Ready Reserve</a> sign up to assist with disaster recovery in Queensland</li> <li>- <a href="#">Queensland Corporate Games</a></li> <li>- Volunteering: - <a href="#">Volunteering in Queensland</a></li> <li>- <a href="#">Blood donation drives</a></li> <li>- MeetUp website</li> <li>- <a href="#">Triple P Parenting</a> – free online in Queensland</li> </ul>
<b>Work (Occupational)</b>	<ul style="list-style-type: none"> <li>- Engage in a <a href="#">performance development discussion</a></li> <li>- <a href="#">Flexible work</a> can help achieve more balance in life</li> <li>- Look for challenges and rewarding opportunities in your career - <a href="#">Mobility opportunities (Talent Now)</a></li> <li>- <a href="#">MyCareer</a> Set some career goals and get career advice</li> <li>- <a href="#">Develop new skills and leadership competencies</a></li> <li>- Talk with a peer you feel safe with or contact your Employee Assistance</li> </ul>
<b>Financial</b>	<ul style="list-style-type: none"> <li>- QSuper website – financial literacy</li> <li>- Beyond Blue – financial wellbeing and mental health</li> <li>- Canstar</li> <li>- ASIC money smart</li> </ul>