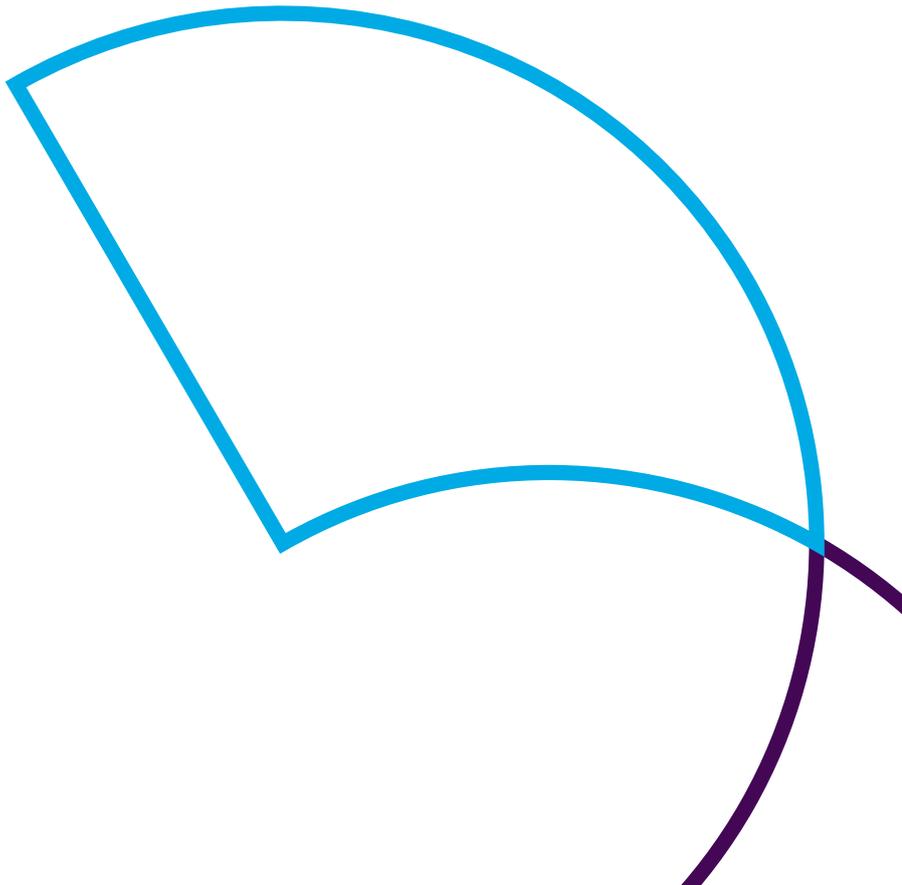




Ahead for Business webinar series: Takeaway booklet



What is one action you can take to tip your scales towards positive mental health? How will you do this?

For example: Adding some exercise – I could go for a walk on my lunchbreak.



Remember to complete your mental health check-up on the
Ahead for Business digital hub.



Webinar 3: Looking after yourself

Practicing self-care improves your physical and mental health and wellbeing

Regular self-care can decrease stress and burnout, and increase productivity and resilience.

Identify some signs that you are feeling stressed and write them below.

For example: not sleeping well.

What are some self-care strategies you use to relieve stress and empty your stress bucket?

For example: having dinner with friends.

What is one self-care activity that you would like to add to your routine? How might you go about doing it?

For example: go to a yoga class - find one on Monday nights to fit my schedule.





Remember to complete the business stressor screen on the *Ahead for Business* digital hub to see how you are managing common business stressors.



Webinar 4: Positive mental health in business

Identify some factors in your workplace that contribute to poor mental health

Identify some actions to improve these factors

E.g. Sitting inside all day

E.g. Bring some plants into the office

Identify some factors that make your workplace mentally healthy. For example: always taking time for a lunchbreak.





Remember to complete your wellbeing plan on the
Ahead for Business digital hub.

Support services

Lifeline	13 11 14 lifeline.org.au
Suicide Call Back Service	1300 659 467 suicidecallbackservice.org.au
Beyond Blue	1300 224 636 beyondblue.org.au





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