



Ahead for Business webinar series: Takeaway booklet



Webinar 1: Mental health and your business

Mental health is a sense of emotional, psychological and social wellbeing.

Running a small business presents some unique challenges which can be quite stressful, and can contribute to poor mental health.

List some of your risk factors and protective factors below.

My risk factors	My protective factors
<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	



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 2: How to talk about mental health in your business

Stigma is one of the biggest barriers to help seeking for people with mental illness.

Reduce stigma by using appropriate language, know the facts about mental health, and share this knowledge with others.

If you notice someone is struggling, have a conversation with them and suggest places they can get support.

You've identified some signs that someone may be struggling with their mental health. What are some of the signs that someone's mental health may be going well?

For example: able to be flexible when challenges arise, energetic and social.





Having a conversation about mental health can be challenging. List some of the steps you think are helpful when having a conversation about mental health.

For example: find the right time and place to talk, and listen non-judgementally.



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.



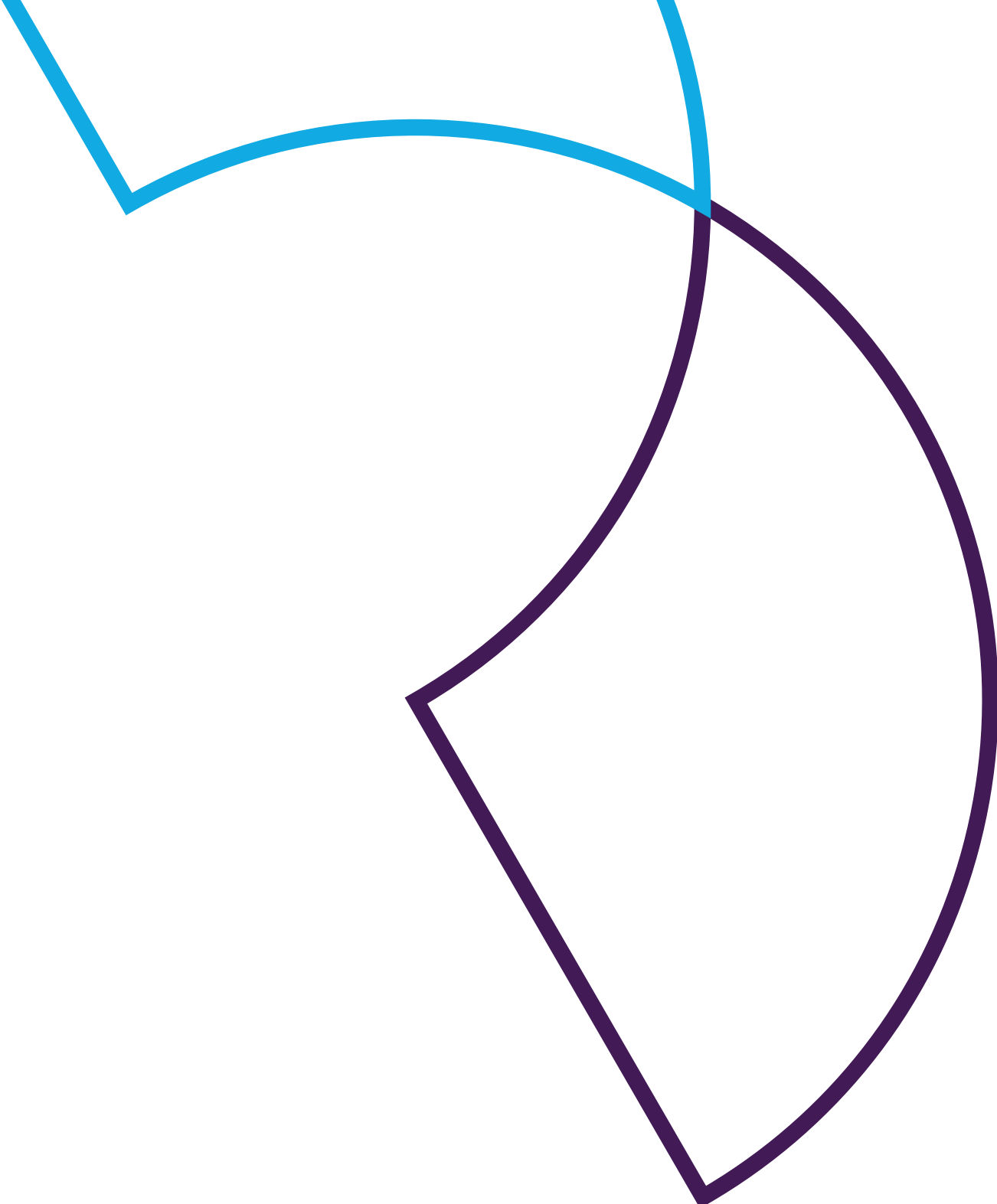


Remember to complete your wellbeing plan on the
Ahead for Business digital hub.

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





PO Box 833
Newcastle NSW 2300
P: 02 4924 6900
hello@aheadforbusiness.org.au
aheadforbusiness.org.au

