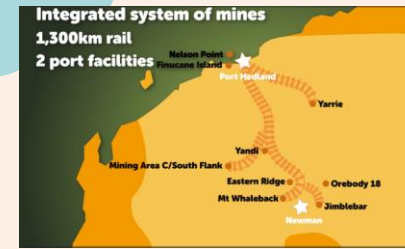


Mental Wellness Week 6



Gratitude

Empathy & Inclusion

Nurture Your Mind

Celebrate Success

Working Smarter

Nurture Your Body

Day 1

Day 2

Day 3

Day 4

Day 5

[Show gratitude](#) for the people in your life; those who love you, challenge you and work with you. Remember to show gratitude for yourself.

Take some time to recognise your span of control. Focus on actions you can take to improve your health and wellbeing. Watch a video on the [Circle of Influence](#).

Review your workload. Does every task feel like #1? Consider these [basic](#) and [advanced](#) tips to help prioritise your workload and improve productivity.

We act with humility and respect by listening and encouraging openness from our diverse team. We allow colleagues and team members to share moments of normality.

- ✓ We build relationships beyond our own team, through trust and shared goals.
- ✓ We work to create safe spaces for connection, conversation and support.

[Change your calendar time scale](#) to schedule breaks into your day. Adding a 15 minute break may be just what you need!

Host a virtual catch-up, particularly for those away from the workplace (eg. parental leave) giving them the flexibility to attend and stay connected. [4 ways to keep connected in isolation](#).

Resilience Training

Buddy System

Arvo Text

Team Morning Tea

Birthday Calendar

Walking Meeting

