



# **SRC & PGC Wellbeing Training**

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# Definition of Wellbeing



To have good wellbeing is to **feel healthy** and **function well**.

Having good wellbeing helps us cope with the **ups and downs of life**.

# Areas of Wellbeing



**Emotional  
Wellbeing**



**Social  
Wellbeing**



**Energetic  
Wellbeing**



**Physical  
Wellbeing**



**Cognitive  
Wellbeing**



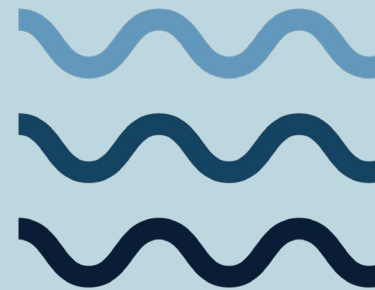
**Existential /  
Spiritual  
Wellbeing**

# Mental Health Continuum





# **Your Wellbeing**



## Safety Planning

# Early Warning Signs

Mood changes

Changes in  
sleeping habits

Withdrawing

Lack of interest  
in things

Confusion or  
difficulty  
concentrating

Sadness

Anxiety

Increase in  
substance use

Fatigue

Appetite /  
weight changes

Feeling irritable  
or angry

Poor personal  
hygiene

**Safety Planning**

# **Self-Care + Support Strategies**

**Relax in nature**

**Say no to something**

**Move your body**

**Digital detox**

**Do something  
you loved doing  
as a kid**

**Meditating**

**Pamper  
yourself**

**Reading for  
pleasure**

**Hobbies**

**Connect with  
friends**

**Take a Mental  
Health day**

**Express  
gratitude**

# Your Wellbeing



## Stress & Burnout

Happens when we have **competing priorities**, **lack boundaries** and **de-prioritise** our **wellbeing needs**.

**Good stress vs bad stress.**

**Impact on your health.**

**Plan for your Wellbeing!**

# What IS and IS NOT your job

**Referrals / signposting**

**Being an expert, health professional, or giving advice**

**Case Management**

**Representing the broad feelings of a cohort of students**

**Solving whole issues**

**Role Modelling**

**Advocacy**

**Knowing yourself and your limits**

**Taking on the struggles of the group / an individual**

**Boundary setting**

# What IS and IS NOT your job

## **Advocacy**

**Referrals / signposting**

**Representing the broad feelings of a cohort of students**

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## **Case Management**

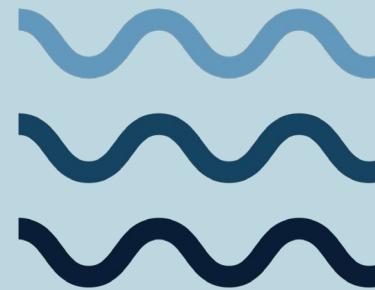
**Being an expert, health professional, or giving advice**

**Solving whole issues**

**Taking on the struggles of the group / an individual**



# **Your Team's Wellbeing**



# How can you look after your team?

- Look after yourself and role model good practice
  - E.g. setting clear priorities and boundaries
- Create a safe and inclusive environment
  - E.g. implementing a code of conduct
- Communication + transparency
  - E.g. asking for feedback and explaining decisions
- Supportive structures
  - E.g. Embedding MH into meeting with temperature checks and standing agenda items
- Accessible referral pathways
  - E.g. frequent and clear communication about support services

## Safety Planning

# Supporting Others

What can you do if you notice warning signs in others?

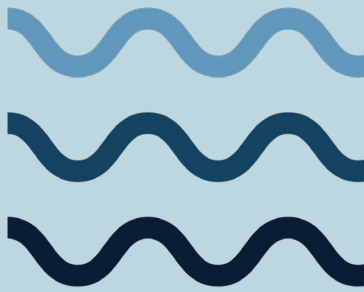
Check-in: *“Hey, I noticed you seem a bit distant, how are you doing at the moment?”*

Listen to understand: *“So you’ve been feeling down lately and not sleeping well. That must be tough.”*

Permission to share service info: *“That sounds really tiring. Some people find it helpful to get professional support – would it be ok for me to share some info with you?”*



# Resources



## Arc Wellness Resources

*Info and resources about looking after your wellbeing*

*@arcwellnessunsw*



## UNSW Mental Health Connect

*Get free, professional mental health support through UNSW*

*[www.student.unsw.edu.au/mhc](http://www.student.unsw.edu.au/mhc)*



## NSW Mental Health Line

*Speak to trained mental health professionals 24/7*

*Free service*

*01800 011 511*

**If you or someone you know is at risk of immediate harm, call 000**



**THANKS**

**Your Wellbeing Matters!**

# REACH OUT (SUPPORT SERVICES)

## 24 HOUR CRISIS SERVICES

*If you are in a life-threatening situation call;*

**Emergency (Police/Ambulance/Fire)**  
Ph: 000 | Ph: 112 (mobile phones with no network coverage)

*If you or a friend are experiencing suicidal ideation. Help is available;*

**Lifeline** Ph: 13 11 14  
**NSW Mental Health Line**  
Ph: 1800 011 511

*If you are worried about your or a friend's mental health;*

- **UNSW Mental Health Connect**  
Ph: 9385 5418  
After-Hours Text Line: 0485 826 595
- **Beyondblue** Ph: 1300 224 636
- **Headspace** Ph: 1800 650 890

## YOUR OPTIONS FOR GETTING PROFESSIONAL MENTAL HEALTH SUPPORT

### Option A: Visiting your local GP

1. Access your local GP at your nearest medical centre or family clinic. Be honest and explain your situation and how you've been feeling
2. You may need to fill out a few forms, and then you'll be connected to a specialist to receive free appointments

### Option B: Booking an appointment through UNSW Mental Health Connect

1. Access UNSW Mental Health Connect at [www.student.unsw.edu.au/mhc](http://www.student.unsw.edu.au/mhc)
2. Your first appointment will last about 30 minutes. You will then be given a clear action plan and may be referred to other services.

### Option C: Booking a free online therapy appointment

Did you know there are places that offer free appointments online? The most you will have to do is register and maybe wait a bit.

- ReachOut.com - (18-25) provides free, online chat with peer worker as well as online resources
- MindSpot.org - 18+, free online counselling service for Australian adults experiencing stress, anxiety, depression, OCD, PTSD, and chronic pain
- SANE - free digital and telehealth services for people with recurring, persistent or complex mental health issues and trauma, and for their families and friends



Scan for more  
support service  
contact options

# Your Wellbeing Plan

SITUATION	BEHAVIOUR	MANAGEMENT	PREVENTION
The areas I struggle in are...	Warning signs that I'm not ok look like...	I can help myself when I'm not ok by...	Things I can do to prevent getting to this point are...

# Your Team Wellbeing Plan

STRATEGY	PRACTICE	CHALLENGE	SOLUTION
How you intend to positively influence team wellbeing	What practical measure will I take to implement this?	What could make maintaining this challenging?	What can I do to set myself up for success with this challenge in mind?