

SpeakUp

SELF CARE & WELLBEING

Wellbeing is not just the absence of disease or illness. It is a complex combination of physical, mental, emotional and social factors. It is strongly linked to happiness and life satisfaction. In short, wellbeing could be described as how you feel about yourself and your life.

What is wellbeing?

Wellbeing is a state of feeling good about ourselves and the way our lives are going. We experience wellbeing when we are physically and mentally well, spiritually aware or connected, and feel that our life is worthwhile and has purpose. When we are experiencing good wellbeing, we may also experience positive relationships with others, a sense of control and purpose in life.

Wellbeing is influenced by our culture, values, social context and our general state of health. Wellbeing can change over time, so we may experience periods of relatively good wellbeing and times when our wellbeing is challenged. Since no two individuals are the same, one person's experience of optimal wellbeing may look different to another's.

Why is wellbeing important?

Wellbeing is important because it helps us to function well in the world and provides us with feelings of happiness, enjoyment, curiosity, contentment and engagement. Wellbeing also contributes to our mental health; our capacity to manage our thoughts, feelings and behaviours so that we can enjoy life, maintain positive relationships and work towards our goals.

Maintaining your wellbeing

Taking time to look after your own wellbeing can sometimes take a backseat to other priorities and demands of life, especially during times of stress. However, it is important to remember to look after yourself. People who are happy and healthy are better able to support others.



SPEAK UP

Speak Up provides advice, support and referrals if you witness or experience unacceptable or concerning behaviour

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Tips to help maintain your wellbeing

Physically

- Look after yourself physically, through a healthy diet, regular exercise and adequate sleep;
- Learn how to monitor and manage your stress in positive ways, e.g. through exercise, relaxation, breathing, etc.;
- Make time for positive activities for yourself that will help you to relax and have fun; and
- Limit the use of alcohol and other substances; do not rely on these for relaxation.

Relationships

- Foster and maintain your personal relationships, such as your connections with friends and family;
- Develop interests and friendships outside of your work environment; and
- Strive for balance between your professional role and your personal life; try to leave work issues at work.

Work

- Find a mentor through your workplace or professional networks and use that person's support to help you grow professionally and personally;
- Provide support and encouragement for colleagues, give constructive feedback and be a role model;
- Being inclusive of diversity. A sense of belonging for all staff members is essential for health and happiness; and
- Take time to engage in reflective practices about your work and professional development.

Spirituality

- If you have spiritual beliefs, make time for regular spiritual practice, or relationships with others who share your philosophy.

Asking for help

- Reach out for support when you need it – from colleagues, your manager, friends, family, or the services outlined below.

WHAT WORKS FOR YOU

Take some time to reflect on what helps you recharge and relax.

Are there new activities you would like to try?

Consider making specific times or days of the week for these activities so they become routine and are less likely to drop off at times of increased work demands or other competing priorities.

Support and referrals

Internal services

The **Student Wellbeing** service offers free and confidential personal support for students of La Trobe. Our services include Counselling, Equity & Diversity and Speak Up.

Visit www.latrobe.edu.au/wellbeing to find out more or book an appointment with a service.

External services

Your local **GP** or **Psychologist**.

Lifeline for 24/7 crisis support 13 11 14.

Beyond Blue 24/7 phone counselling 1300 22 4636, online chat 3pm-12am, visit www.beyondblue.org.au.

Men's Line offer men phone and online counselling, call 1300 78 99 78 or visit www.mensline.org.au.

QLife offers LGBTI peer support and referral, call 1800 184 527 or webchat at www.qlife.org.au.