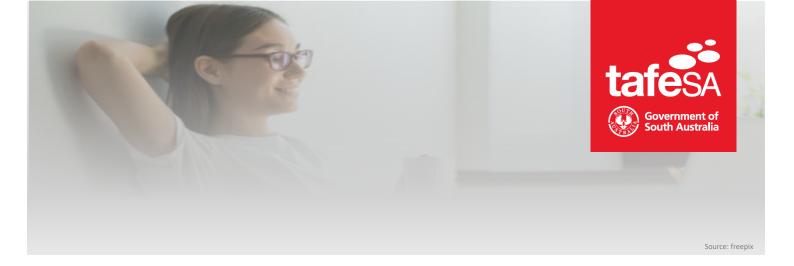


## TAFE SA Orientation Program: Wellbeing Week Checklist

| Desk Create a User Profile Completed the Wellbeing Quiz Downloaded TheDesk worksheet Checked out the modules & quizzes  |
|---|
| Inselling and Disability support  Had a look at the <u>Student Counselling</u> and/or <u>Disability Support</u> webpage  I know how to make an online appointment  I know what support I can get for my studies   |
| ve discovered resilience messages. Select your favourite message from the list below.  Aiming for success, not perfection  Maintaining balance in your life  Finding ways of staying connected  Being kind to yourself  Having strategies to cope with stress  Taking action and solve problems early |
| covered information about support for tradespeople visited the Learn Student Orientation and Support page to explore the range of support options visited the MATES website I know what support MATES provide   |
| ine wellbeing workshops I have had a look at the Online Orientation Workshop schedule I have participated in an online presentation I will watch the recorded presentation(s) later on the Learn Student Orientation and Support page   |
| rn Student Orientation and Support page I have logged into the Learn Student Orientation and Support page I know where to find upcoming live workshops and presentations I know where to find recorded workshops and presentations  |

Things to discover in Wellbeing Week



## Tips to improve your wellbeing

| Are you getting enough sleep?   | Most of us need 7-8 hours per night. | . Good-quality sleep makes a b | oig difference to how |
|---------------------------------|--------------------------------------|--------------------------------|-----------------------|
| we feel mentally and physically | , so it's important to get enough    |                                |                       |

- Exercise is good for mental health, even a quick walk helps. Good physical health is related to better mental health
- ☐ If you are struggling emotionally, talk to a trusted friend or professional. Talking to someone about how we are feeling can improve your mental health and wellbeing
- Are you drinking enough water? When your brain is well hydrated, you'll be more mentally alert, be able to think faster, and be more focussed
- ☐ Gratitude is a positive emotion that can increase your wellbeing. Find something to be grateful for each day. Try keeping a gratitude journal and write down three positive things each day. This can lead to increased wellbeing
- ☐ Challenge unhelpful thoughts. The way we think, feel and behave are linked. Speak with a Student Counsellor if you want help with this
- ☐ Set small goals. It's all about the little wins. So be realistic with your goals, and take it step by step. You may wish to participate in our 'Little Changes Challenge' to get started

## **Additional Supports**

- ☐ Lifeline Australia | 24/7 | 13 11 14 | lifeline.org.au
- ☐ Beyond Blue | 24/7 | 1300 224 636 | beyondblue.org.au
- ☐ Mental Health Triage Service | 24/7 | 13 14 65 | Assistance with mental health crisis or urgent mental health concern
- □ Lived Experience Telephone Support Service (LETTS) | Daily 5pm 11.30pm | 1800 013 755 | lets.org.au | A peer mental health support line