



WELCOME TO

TAFE SA

TAFE SA Orientation Program: Wellbeing Week Checklist

Things to discover in Wellbeing Week

- ☐ TheDesk
 - ☐ Create a User Profile
 - ☐ Completed the Wellbeing Quiz
 - ☐ Downloaded TheDesk worksheet
 - ☐ Checked out the modules & quizzes
- ☐ Counselling and Disability support
 - ☐ Had a look at the [Student Counselling](#) and/or [Disability Support](#) webpage
 - ☐ I know how to make an online appointment
 - ☐ I know what support I can get for my studies
- ☐ I have 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
- ☐ Discovered 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
- ☐ Online 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
- ☐ Learn 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

Tips to improve your wellbeing

- ☐ Are you getting enough sleep? Most of us need 7-8 hours per night. Good-quality sleep makes a big 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