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Workplace Wellbeing Resource Sheet

What is it? Workplace wellbeing is about ensuring our work environments are places we feel safe, healthy, satisfied and productive. Just as we have physically safe work practices under WH&S laws, it is important to have a culturally safe workplace where we can contribute our unique First Nations ways of knowing, being and doing.

What affects our wellbeing at work? There are some things we may not like or are outside of our control about our job, workplace and management. However, factors such as systemic racism, discrimination and inequity are things we can all take a stand on.

What can we do to stay healthy? There are many things we can do to support ourselves and others to stay well and do our best work. We can also influence organisational and workplace culture in some ways.

We know our social and emotional wellbeing (SEWB) is made up of many domains including our connection to country, culture, community and kin. We can use online resources to enhance SEWB.

Tips to feeling well at work: The WellMob website has many online resources that offer practical strategies to support our wellbeing in the workplace. Resources cover topics like supervision, reflective practice, workplace support, managing colonial load, responding to racism, dealing with isolation, and recognising and preventing burnout.

Check out these resources on ways to strengthen your mental health and resilience and build better workplace culture.



Websites

CULTURAL LOAD - HOW TO COPE WHEN YOU FEEL LIKE A SPOKESPERSON FOR MOB

Four First Nations men talk about how to cope with cultural load and uncomfortable questions about mob - setting boundaries, self-care, and getting support.



Websites

FEELING DEADLY, WORKING DEADLY: INDIGENOUS WORKER WELLBEING

Wellbeing tips and strategies for individuals, managers, and organisations.



Documents

SOCIAL AND EMOTIONAL WELLBEING: A WELCOME GUIDE FOR THE ABORIGINAL WORKFORCE

This manual includes a section for workers on self-care reflective practice, supervision, and workplace support (p.20).



If you are struggling, or know someone who is, call a 24hr crisis support hotline:

13YARN: 13 92 76

Kids Help Line: 1800 55 1800

Suicide Call Back Service: 1300 659 467

Lifeline: 13 11 14

Beyond Blue: 1300 224 636





Audio

BLACK BURNOUT: HOW INDIGENOUS WORKERS COMBAT STRESS AND FOSTER WELLBEING SBS NITV RADIO

Caroline Kell talks about how 'black burnout' is different for First Nations people. She also presents ideas about ways of preventing it and recovering.



Documents

WORKER WELLBEING

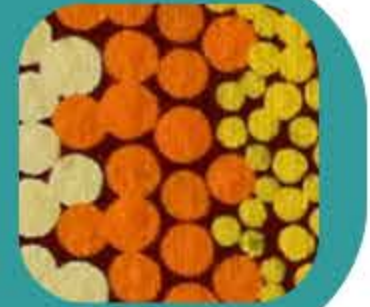
An information sheet with practical tips for self-care.



Websites

TAKING CARE OF YOURSELF

A webpage on burnout and work-related stress for Indigenous alcohol and other drugs workers, and what organisations and individuals can do to prevent it.



Other Self-Care Resources to Checkout



Documents

CONNECT TO SELF-CARE RESOURCE SHEET

This Resource Sheet links to resources on how to deal with racism, connect to community, practice mindfulness and meditation and ideas for general self-care.



Documents

CONNECT TO SEWB SELF-CARE TIPS AT WORK

This information sheet has useful self-care tips for workers based on the domains of social and emotional wellbeing (SEWB).



Websites

CONNECT TO SELF-CARE RESOURCES

The 'Self-care' tab on WellMob has various online wellbeing resources on self-care and workers wellbeing.



Click here to connect to WellMob
for other resources
www.wellmob.org.au

