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## Workplace Wellbeing Resource Sheet

**What is it?** Workplace wellbeing is about much more than just practising self-care. It's about ensuring our work environments are places we feel safe, healthy, satisfied and productive. Managers, supervisors and colleagues also contribute to how we feel in the workplace. Just as we have physically safe work practices under WH&S laws, it is important to have a culturally safe, satisfying, and productive workplace where we can contribute our unique First Nations ways of knowing, being and doing.

**What affects our wellbeing at work?** Factors such as systemic racism, discrimination, job security and organisational and workplace culture can impact on our wellbeing and make us feel stressed, dissatisfied, undervalued, unmotivated and mentally or physically ill.

**What can we do to stay deadly?** There may be some things we do not like or are outside of our control about our job, workplace or management. However, we can support ourselves and others so we can best do our job and serve the organisations and communities we work in.

The WellMob website has many online resources for managers, supervisors and workers that offer practical strategies to support 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.

**Tips to feeling well at work:** 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 colonial 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

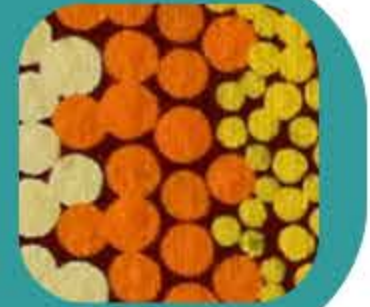
An information sheet with practical tips for self-care.



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.



Documents

### WORKFORCE WELLBEING GUIDE

This guide uses the practices of self-reflection to promote worker wellbeing providing information on managing stress, burnout, mindfulness, setting boundaries and a psychosocial safety plan.



Documents

### VALUING AND STRENGTHENING

This guide for managers promotes strategies for ensuring culturally safe and supportive workplaces for First Nations workforce.



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).



Click here to connect to WellMob  
for other resources  
[www.wellmob.org.au](http://www.wellmob.org.au)

