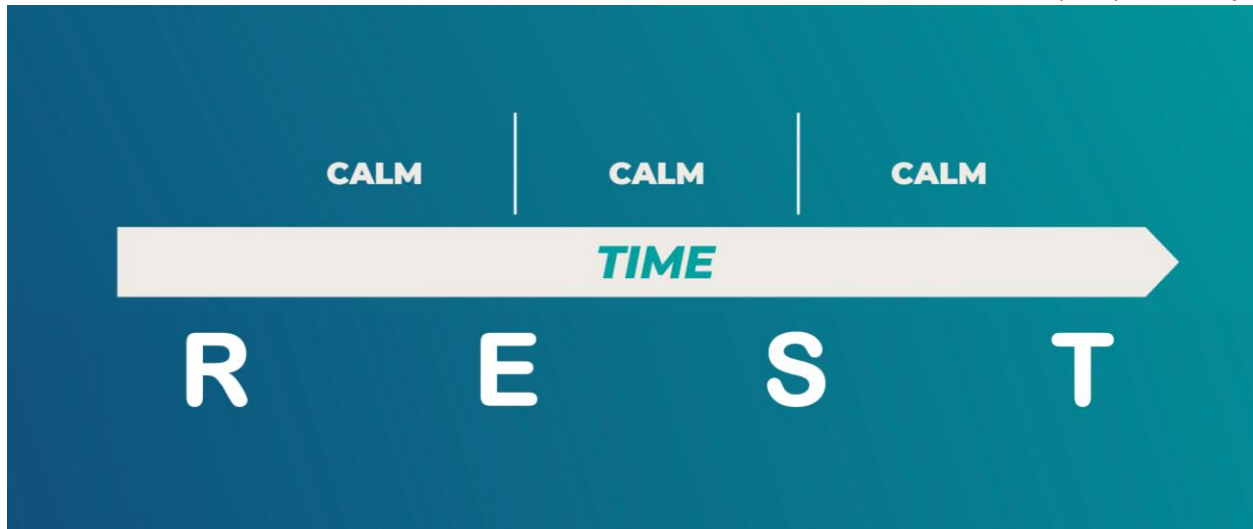


Self-care and well-being

Developed by Gino Carrafa



Develop resilience (the ability to recover vs staying stuck) by practicing **CALM** for short periods of time: for seconds, minutes, once or better still, multiple times a day.

- **Count** and breathe eg: at your desk, whilst in an elevator or quiet space
- **Assess** the moment, are you submersed or fused in your thoughts?
- **Listen** to your self-talk or if there you are with someone, assess, listen to what they are saying and don't interject
- **Manage** by implementing effective thinking through CAL and be less reactive in the moment

Develop grit (the ability to sustain momentum and persevere towards achievement of desired outcomes) by practicing REST over longer periods of time (once a day, during the course of a week).

- **Relaxation** through daily mindfulness practice, become truly present in moments during your day
- **Exercise** as often as you can with a mix of aerobic and muscular activities
- **Sleep** around 8 hours a day, it's important for renewal
- **Thoughts**, be conscious of what you tell yourself, are your thoughts overly positive, neutral, negative or critical, what evidence do you have of your thoughts being true?

Need support?

Call us on 1300 130 130 (24/7)