

# *staff* WELLBEING CHECK IN

Take-home tips and tools to support  
your wellbeing at work and beyond.

# BODY

## PHYSICAL HEALTH & WELLBEING

- **Get moving.**  
Exercise regularly, find something you enjoy.
- **Nourish your body.**  
Eat healthy meals. Practice mindful eating.
- **Hydrate.**  
Drink water. Lots of it.
- **Sleep well.**  
Develop an optimal sleep schedule for you.
- **Be mindful of substance-use.**  
Notice when you're looking for something to "take the edge off".

# MIND

## COMPETENCE, GROWTH & MASTERY

- **Use your skills.**  
Find opportunities to do work you enjoy and that you are good at.
- **Find opportunities to improve and grow.**  
Look for ways to improve and develop your skills.
- **Keep learning.**  
Explore topics that interest you. Expand your knowledge.
- **Build mastery into your days.**  
Find something you can work towards and get better at.

# HEART

## CONNECTION, BELONGING & COMMUNITY

- **Value those who “have your back”.**  
At home and at work, we need strong relationships we can trust.
- **Find space to express yourself.**  
Embrace vulnerability and be open in supportive spaces.
- **Call out bullying when you see it.**  
Don't sleep on inappropriate or unfair conduct.
- **Listen, listen, listen.**  
Don't rush to fill the space or tell your story. Practice mindful listening by lending an EAR (see next page!)

# SOUL

## MEANING, JOY & PURPOSE

- **Accumulate positive emotions.**  
Do stuff that makes you feel happy, energized, grateful. Make these regular parts of your life.
- **Take a pause.**  
Prioritise relaxing activities. Get out in nature.
- **How do you give back?**  
How do you contribute to your relationships, your workplace or society at large?
- **Connect to community.**  
Find spaces where you feel safe, seen and free.

# LENDING AN EAR

Your 3-step guide to being a kick-ass listener & supporter.

**E:**

## **Enlist Empathy.**

When you're listening, try to really hear and understand the experience and emotions from the other person's perspective. Ask questions to deepen your understanding.

**A:**

## **Acknowledge Humanity.**

Validate their experience by reminding them that it's human to feel that way, and that they are not broken, useless or irredeemably flawed.

**R:**

## **Respond with Support.**

Guide them to relevant and easy access resources and support.

**Remember! It's not your job to fix someone or solve all their problems. Often, the most empowering and supportive thing you can offer someone going through mental health challenges is providing a low-pressure, non-judgemental space for them to be heard and accepted.**



# SIGNS YOU OR A MATE MIGHT NOT BE DOING GREAT...

- ☐ Acting *off*. Constantly **agitated, erratic, overwhelmed, aggressive** or **withdrawn**.
- ☐ **Drinking, smoking or doing drugs** much more frequently.
- ☐ **Isolating** - not attending social events and frequently cancelling plans.
- ☐ Not doing fun or healthy stuff anymore - like hobbies or exercise.
- ☐ The experience of a **big life blow**, e.g. lost a friend or family member, broken up with a partner, lost a bunch of money.
- ☐ Endured or witnessed a traumatic event, such as **sexual or physical assault / abuse, a natural disaster, sudden death of a loved one, hospitalisation**.
- ☐ **Eating** and/or **sleeping** waaay **too much**, or **barely enough**.
- ☐ Posting **dark, erratic or alarming content** online.
- ☐ Certain behaviours have taken on an **obsessive, all-encompassing vibe**, like watching porn, having sex, exercising, working, etc.
- ☐ Engaging in **risky behaviours**, like drink/drug driving, speeding, gambling, taking heaps of drugs, having unprotected sex, getting into fights, etc.
- ☐ Mentioned or thought about **self-harm** or **suicide**.

Tick off a bunch of the boxes above when thinking about yourself or someone you care about? It's a good sign that you or your loved one should have a chat to a mental health professional (there's more info about that at the end of this booklet).

While these may be indicators that you or a mate might be dealing with a mental health issue, remember that you don't need to wait for things to be *really bad* before reaching out for support. Support is available at anytime - and it can wise to get help *before* sh\*t hits the fan.

# RESOURCES & SUPPORT

Support Act provides 12 counselling sessions for you and your family per year, through our Wellbeing Helpline.

- It's free.
- It's confidential.
- It's available Australia-wide, for all people working in the Australian music industry.
- There is also tailored support for First Nations music industry workers, managers, LGBTQIA+ & Sexual Health.

**CALL THE SUPPORT ACT WELLBEING HELPLINE: 1800 959 500**

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If you enjoyed this session, Support Act are also offering fully-funded training programs to Australian music businesses in the following areas:

- *Sexual Harassment Prevention.*
- *Suicide Prevention.*
- *Mental Health First-Aid.*
- *First Nations Mental Health First-Aid.*
- *Diversity, Equity & Inclusion.*

These offerings are all part of our Mentally Healthy Workplaces Program. If you'd like to learn more, get in touch with the Support Act team for more info.

## FREE, ONLINE RESOURCES



**WWW.SUPPORTACT.ORG.AU/RESOURCES/  
MENTAL-HEALTH-RESOURCES**

Wanna learn more about mental health and other challenges for those working in music? Check out the resources available on our website - there is plenty of easy-to-access info, as well as cool video content and upcoming events.



**NEED TOOLS TO TAME YOUR MIND?  
THIS CAN HELP.**



**.ORG.AU**



Check out these online programs that teach clinically-proven strategies to help you manage the way you feel and improve your mental health. For free access, use the code: **TURNITUP**

## QUICK CONTACTS

**SUPPORT ACT WELLBEING HELPLINE: 1800 959 500**

**LIFELINE: 13 11 14**

**BEYOND BLUE: 1300 22 4636**

**SUICIDE CALL BACK SERVICE: 1300 659 467**

**MENSLINE AUS: 1300 78 99 78**

**If you're concerned for your immediate safety or the safety of others,  
don't wait, call 000.**