

Health and Wellbeing Resource Toolkit

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Social & relationships	Bullying	Links to bullying resources
	Social connection	Links to social connection resources
Women's health	Women's health	Resources to assist with women's health issues

Element	Sub-element	Activity	Source & Link
Aboriginal and Torres Strait Islander (ATSI) people	ATSI health	Resources to promote the health of ATSI colleagues	<ul style="list-style-type: none"> ● CATSINaM is the peak body representing Aboriginal and Torres Strait Islander nurses and midwives across Australia, but we are also Aboriginal and Torres Strait Islander Peoples before we are nurses. This means we are on a lifelong journey together to fulfill our cultural obligations and commitments to our communities, families and ourselves. We are also experts in our own health, and as such, we need to work together to make sure we determine our own future and create positive change for our Peoples when accessing health services. https://www.catsinam.org.au/ ● Beyond Blue is an Australian independent non-profit organisation working to address issues associated with depression, suicide, anxiety disorders and other related mental disorders. https://www.beyondblue.org.au/who-does-it-affect/aboriginal-and-torres-strait-islander-people ● Cultural Considerations in Healthcare https://www.ausmed.com.au/cpd/articles/cultural-considerations-in-healthcare
Alcohol & other drugs (AOD)	AOD resources	Resources and links to assist with AOD issues	<ul style="list-style-type: none"> ● Nursing and Midwifery Health Program Victoria Podcast series, 'Conversations that Connect' Episode 1: Keys to a nurse or midwife thriving in recovery from their alcohol or other drug (AOD) addiction (a personal story) http://nmhp.org.au/podcast-e1.html ● Beyond Blue Managing your alcohol intake during the coronavirus pandemic. https://coronavirus.beyondblue.org.au/managing-my-daily-life/coping-with-isolation-and-being-at-home/managing-your-alcohol-intake.html

			<p>Drinking to cope: Cody’s story. A personal account from Cody details his journey with alcohol and how he is coping with the challenges presented by the COVID-19 pandemic. https://coronavirus.beyondblue.org.au/managing-my-daily-life/coping-with-isolation-and-being-at-home/drinking-to-cope-codys-story.html</p> <ul style="list-style-type: none"> ● Motivational Interviewing https://www.ausmed.com.au/cpd/articles/motivational-interviewing
	Family support services	Support for people with family members with AOD issues	<ul style="list-style-type: none"> ● Self Help Addiction Resource Centre (SHARC) provides opportunities for individuals, families and communities affected by addiction and related problems to recover and achieve meaningful, satisfying and contributing lives. It provides models of practice for family support, consumer participation and peer based recovery support; and influence practice in the field of addiction and other related health domains. https://www.sharc.org.au/
	Treatment services	AOD treatment services	<ul style="list-style-type: none"> ● Nursing and Midwifery Health Program Victoria is a free, confidential and independent support service for nurses, midwives and students of nursing and midwifery experiencing health issues related to their mental health, substance use and family violence concerns. http://nmhp.org.au/ ● Nurse & Midwife Support is a 24/7 national support service for nurses & midwives providing access to confidential advice and referral. https://www.nmsupport.org.au/ ● DirectLine is a key component of Victoria's state-wide alcohol and drug network. It complements the network of treatment and support services in the community through the provision of multiple, immediate responses to people affected by alcohol and drug issues. https://www.directline.org.au/ ● Quit is a ministerial review of health promotion had identified tobacco as the number one health priority in Victoria. Quit was established by the Minister for Health and Cancer Council Victoria. Our steering committee comprised the Health Department Victoria and Cancer Council Victoria, joined later by the National Heart Foundation of Australia (Victorian Division). This committee also advised the Minister for Health on policy and

			<p>legislation to reduce the prevalence of smoking in Victoria. https://www.quit.org.au/</p>
Bushfires	Bushfires	Resources to assist with bushfire affected areas	<ul style="list-style-type: none"> ● ANMF Vic Branch offers assistance to bushfire affected members https://otr.anmfvic.asn.au/articles/anmf-offers-assistance-to-bushfire-affected-members ● Beyond Blue the facts about bushfires and mental health https://www.beyondblue.org.au/the-facts/bushfires-and-mental-health/ Beyond Blue launched a New Access service in Gippsland last week; the first site for Victoria and a potential new referral option for your team to support members located in the Gippsland region. New Access will be delivered by Wellways on behalf of Gippsland PHN. You might recall New Access is low intensity coaching for people 18+ experiencing mild to moderate anxiety or depression that is access by self-referral. https://www.wellways.org/our-services/newaccess ● Health experts say fear and worry 'normal' as country responds to bushfire crisis https://www.abc.net.au/news/2020-01-08/bushfires-worry-and-anxiety-normal-in-recovery-from-disaster/11849380?fbclid=IwAR0N3bfo2_rU0Z0XEXLWOJu3Tr_iCgptxQXicCRLPg77-9QyAxvibyAoe4
COVID-19 (coronavirus)	COVID-19	Resources and links to assist with COVID-19 (coronavirus)	<ul style="list-style-type: none"> ● Nursing and Midwifery Health Program Victoria Support for Victorian nurses and midwives at the frontline of the COVID-19 pandemic. http://www.nmhp.org.au/news-covid-19.html ● Nurse & Midwife Support Support for Australian nurses and midwives at the frontline of the COVID-19 pandemic. https://www.nmsupport.org.au/covid-19-update/ A special edition podcast in which Mark Aitken discusses the prospect of COVID-19 with Mental Health First Aid expert Sam Eddy. They talk about the importance of acknowledging emotional and physical responses to stress when crisis occurs and how to implement strategies in response. Podcast: Dealing with stress during crisis with Sam Eddy ● Department of Health and Human Services Victoria Information and advice about coronavirus (COVID-19) including symptoms, travel and

			<p>what to do to reduce the risk of infection. https://www.dhhs.vic.gov.au/victorian-public-coronavirus-disease-covid-19</p> <ul style="list-style-type: none"> ● #TheKindnessPandemic is an Australian-based initiative promoting acts of kindness and is helping people impacted by Coronavirus around the world. https://www.thekindnesspandemic.org/ Facebook: https://www.facebook.com/groups/515507852491119/ Campaign of Kindness for health care workers https://www.thekindnesspandemic.org/health-care-workers.html ● FACE COVID – How to Respond Effectively to the Corona Crisis In this brief animation, Dr Russ Harris, author of the international best-seller The Happiness Trap, illustrates how to use ACT (Acceptance and Commitment Therapy) to deal with the Corona crisis and the fear, anxiety and worry that goes with it. https://www.youtube.com/watch?v=BmvNCdpHUYM ● ANMF Vic Branch Important links to the official federal and Victorian health department coronavirus (COVID-19) advice and information. https://www.anmfvic.asn.au/coronavirus Online resources on COVID-19, to keep you up to date and how it may impact your practice. https://libguides.anmf.org.au/anmfvic/COVID-19 ● Australian Government Department of Health Coronavirus (COVID-19) health alert https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/coronavirus-covid-19-current-situation-and-case-numbers Coronavirus (COVID-19) – frequently asked questions https://www.health.gov.au/resources/publications/coronavirus-covid-19-frequently-asked-questions ● Australian Government The latest Coronavirus (COVID-19) news, updates and advice from government agencies
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Domestic & family violence (D&FV)	D&FV health & safety	Resources to assist with identifying and managing domestic and family violence	<ul style="list-style-type: none"> ● Domestic Violence Resource Centre Victoria (DVRCV) is a state-wide organisation working to build the capability of professionals, organisations and systems to prevent and respond to violence against women. Everything we do is driven by our vision to create a world where women and their children are thriving, respected and free from violence. https://www.dvrcv.org.au/support-services/victorian-services ● 1800RESPECT is a confidential information, counselling and support service. Open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse. https://www.1800respect.org.au/ <p>Daisy App – Connect to local services Daisy is a free app developed by 1800RESPECT to connect people experiencing violence or abuse to services in their local area. https://www.1800respect.org.au/daisy/</p> <ul style="list-style-type: none"> ● Sexual Assault Crisis Line (SACL) is a proactive leader in supporting, advocating and providing a crisis response for people who have experienced sexual violence. https://www.sacl.com.au/ ● Beyond Blue Supporting someone who may be experiencing domestic violence. https://coronavirus.beyondblue.org.au/i-am-supporting-others/family-and-friends/supporting-someone-who-may-be-experiencing-domestic-violence.html ● Relationships Australia is a not-for-profit relationship support services for individuals, families and communities that offers counselling, family dispute resolution (mediation)

			<p>and a range of family and community support and education programs. http://www.relationships.org.au/</p> <ul style="list-style-type: none"> ● WithRespect is a family violence and intimate partner violence support service for LGBTIQ+ communities and their families. https://www.withrespect.org.au/ ● Nursing and Midwifery Health Program Victoria is a free, confidential and independent support service for nurses, midwives and students of nursing and midwifery experiencing health issues related to their mental health, substance use and family violence concerns. http://nmhp.org.au/ ● Nurse & Midwife Support is a 24/7 national support service for nurses & midwives providing access to confidential advice and referral. https://www.nmsupport.org.au/
Finance	Finance and Superannuation	Resources to assist with managing your finances and super	<ul style="list-style-type: none"> ● Hesta Wellbeing units to help you manage your stress levels and focus on what you love about life. https://hesta.money101.com.au/wellbeing/ ● Women - Making the Most of Your Finances https://www.moneysmart.gov.au/life-events-and-you/women ● Financial Services – Questions and Answers https://www.ato.gov.au/Business/GST/In-detail/GST-issues-registers/Financial-services---questions-and-answers/ ● Superannuation and Women https://www.moneysmart.gov.au/life-events-and-you/women/superannuation-and-women ● The Facts About Women and Super https://www.womeninsuper.com.au/content/the-facts-about-women-and-super/gjumzs

			<ul style="list-style-type: none"> • Your Superannuation Basics https://www.ato.gov.au/General/Other-languages/In-detail/Information-in-other-languages/Your-superannuation-basics/ • Australian Superannuation https://www.moneysmart.gov.au/superannuation-and-retirement/how-super-works/australian-superannuation
LGBTI	LGBTI health	Resources to promote the health of LGBTI colleagues	<ul style="list-style-type: none"> • The Victorian Pride Centre is a unique initiative that celebrates, bolsters and protects equality, diversity and inclusion. It is set to forge a new chapter in the narrative of Australian Pride by bringing the LGBTI community together in a single and powerful space. https://pridecentre.org.au/ • WithRespect Resources, tips and advice for LGBTIQ+ people on having and maintaining healthy relationships. https://www.withrespect.org.au/ • Beyond Blue is an Australian independent non-profit organisation working to address issues associated with depression, suicide, anxiety disorders and other related mental disorders. https://www.beyondblue.org.au/who-does-it-affect/lesbian-gay-bi-trans-and-intersex-lgbti-people • 4 Key Actions to Advocate for LGBTQIA Patients https://www.ausmed.com.au/cpd/articles/advocating-for-lgbtq-patients • LGBTI-Inclusive Practice - Bringing Diversity into Your Workplace https://www.ausmed.com.au/cpd/articles/lgbti-inclusive-practice • LGBTQI Awareness in Aged Care https://www.ausmed.com.au/cpd/articles/lgbtqi-awareness-in-aged-care
Men's health	Men's health	Resources to assist with men's health issues	<ul style="list-style-type: none"> • Men's Health Australia is Australia's primary source of information about the social and psychological wellbeing of men and boys. http://www.menshealthaustralia.net/

<p>Mental & Emotional</p>	<p>Anxiety</p>	<p>Resources to assist with identifying and managing anxiety</p>	<ul style="list-style-type: none"> ● Beyond Blue is an Australian independent non-profit organisation working to address issues associated with depression, suicide, anxiety disorders and other related mental disorders. https://www.beyondblue.org.au/the-facts/anxiety/anxiety-checklist A range of anxiety management strategies https://www.beyondblue.org.au/the-facts/anxiety/treatments-for-anxiety/anxiety-management-strategies ● Nursing and Midwifery Health Program Victoria is a free, confidential and independent support service for nurses, midwives and students of nursing and midwifery experiencing health issues related to their mental health, substance use and family violence concerns. http://nmhp.org.au/ ● Nurse & Midwife Support is a 24/7 national support service for nurses & midwives providing access to confidential advice and referral. https://www.nmsupport.org.au/ ● Hay House Free Resources to Deal with Anxiety and Uncertainty Free resources to help deal with uncertainty and channel your energy in a positive way. Curated specifically to help you stay healthy, calm, and empowered. https://www.discover.hayhouse.com/freeresources/ ● Psychology Tools Psychological Resources for Coronavirus (COVID-19) https://www.psychologytools.com/psychological-resources-for-coronavirus-covid-19/ Free Guide to Living with Worry and Anxiety Amidst Global Uncertainty https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/ ● Australian Psychological Society Tips for coping with coronavirus anxiety https://www.psychology.org.au/COVID-19-Australians
	<p>Burnout</p>	<p>Resources to assist with identifying and managing burnout</p>	<ul style="list-style-type: none"> ● HelpGuide helps you help yourself. HelpGuide is a non-profit mental health and wellness website. Its mission is to provide empowering, evidence-based information that you can

			<p>use to help yourself and your loved ones. https://www.helpguide.org/articles/stress/burnout-prevention-and-recovery.htm</p> <ul style="list-style-type: none"> ● Nursing and Midwifery Health Program Victoria is a free, confidential and independent support service for nurses, midwives and students of nursing and midwifery experiencing health issues related to their mental health, substance use and family violence concerns. http://nmhp.org.au/ ● Nurse & Midwife Support is a 24/7 national support service for nurses & midwives providing access to confidential advice and referral. https://www.nmsupport.org.au/ ● Avoiding Burnout in Nursing https://www.ausmed.com.au/cpd/articles/tips-for-avoiding-burnout ● Burnout, Compassion Fatigue, and Secondary Post Traumatic Stress https://www.ausmed.com.au/cpd/articles/burnout-fatigue-post-traumatic-stress
	Depression	Resources to assist with identifying and managing depression	<ul style="list-style-type: none"> ● Black Dog Institute is a translational research institute that aims to reduce the incidence of mental illness and the stigma around it, to actively reduce suicide rates and empower everyone to live the most mentally healthy lives possible. https://www.blackdoginstitute.org.au/clinical-resources/depression ● Beyond Blue is an Australian independent non-profit organisation working to address issues associated with depression, suicide, anxiety disorders and other related mental disorders. https://www.beyondblue.org.au/the-facts/depression ● Nursing and Midwifery Health Program Victoria is a free, confidential and independent support service for nurses, midwives and students of nursing and midwifery experiencing health issues related to their mental health, substance use and family violence concerns. http://nmhp.org.au/ ● Nurse & Midwife Support is a 24/7 national support service for nurses & midwives providing access to confidential advice and referral. https://www.nmsupport.org.au/ ● VIA Institute on Character

			<p>Stay Mentally Strong with Research-Based Activities:</p> <ul style="list-style-type: none"> ○ Loving-Kindness Meditation - Boost Compassion With This Activity https://www.viacharacter.org/resources/social-downloads/loving-kindness-meditation ○ Three Good Things - Focus On Gratitude With This Activity https://www.viacharacter.org/resources/social-downloads/three-good-things ● Episode 5 - What Happens When the Wolf Comes Home With You? https://www.ausmed.com.au/cpd/articles/post-traumatic-stress-disorder-podcas-5 ● Lurking on Facebook: Bad for your Mental Health? https://www.ausmed.com.au/cpd/articles/facebook-bad-for-your-mental-health ● Perinatal Depression and Anxiety https://www.ausmed.com.au/cpd/articles/perinatal-depression ● Seasonal Affective Disorder https://www.ausmed.com.au/cpd/articles/seasonal-affective-disorder ● What is Depression / Major Depressive Disorder? https://www.ausmed.com.au/cpd/articles/depression
	Grief & loss	Resources to assist with identifying and managing grief and loss	<ul style="list-style-type: none"> ● GriefLine Community and Family Services Inc. (GriefLine) listens, cares and supports people experiencing loss and grief, at any stage in life. We manage Australia’s only dedicated loss and grief national telephone counselling service. We provide anonymous support and specialist counselling services to individuals and families. All calls are confidential and free. Our volunteer counsellors undergo intensive training and are professionally supported by GriefLine. We also deliver responsive, evidence-based and personalised services for individuals, families and community groups. Online counselling is also available nationally. https://griefline.org.au/ ● Beyond Blue is an Australian independent non-profit organisation working to address issues associated with depression, suicide, anxiety disorders and other related mental disorders. https://www.beyondblue.org.au/the-facts/grief-and-loss

			<ul style="list-style-type: none"> ● Nursing and Midwifery Health Program Victoria is a free, confidential and independent support service for nurses, midwives and students of nursing and midwifery experiencing health issues related to their mental health, substance use and family violence concerns. http://nmhp.org.au/ ● Nurse & Midwife Support is a 24/7 national support service for nurses & midwives providing access to confidential advice and referral. https://www.nmsupport.org.au/ Death, Dying and Grief – through a pandemic and beyond https://www.nmsupport.org.au/news/death-dying-and-grief-through-pandemic-and-beyond ● The Psychology of Dying and the Emotions it May Bring https://www.ausmed.com.au/cpd/articles/the-psychology-of-dying ● Lea McInerney Field Notes on Death http://www.learmcinerney.com/essays/field-notes-on-death/ A view from two worlds, on what helps us to deal with this grief https://croakey.org/a-view-from-two-worlds-on-what-helps-us-to-deal-with-this-grief/
	Self-care	Resources to practical self-care tips	<ul style="list-style-type: none"> ● Nursing and Midwifery Health Program Victoria Self-care is self-love in action. This link to a Self-Care Guide has lots of practical health and wellbeing tips. http://www.nmhp.org.au/nmhpv-feature-self-care.html ● Nurse & Midwife Support Self-care techniques for nurses and midwives that we can build into our day so that we don't just cope, but thrive. https://www.nmsupport.org.au/news/self-care-nurses-and-midwives ● Black Dog Institute The importance of self-care planning during Coronavirus https://www.blackdoginstitute.org.au/news/news-detail/2020/03/30/the-importance-of-self-care-planning-during-coronavirus

			<ul style="list-style-type: none"> ● Therapeutic Relaxation and Enhanced Awareness Training or 'Treat'® is a unique self-care and self-awareness workplace program that has been evaluated extensively in public hospitals and has been shown to significantly reduce burnout in health professionals. https://www.treathealthcare.com.au/ ● Treat App Made for health professionals by health professionals. Treat is a unique app designed to help you find calm, clarity and balance during your busy working day. https://www.treathealthcare.com.au/treat-app
	Stress	Resources to assist with identifying and managing stress	<ul style="list-style-type: none"> ● Heads Up is all about giving individuals and businesses the tools to create more mentally healthy workplaces. Developed by Beyond Blue and supported by the Mentally Healthy Workplace Alliance, Heads Up calls on business leaders to make a commitment and start taking action in their workplaces. It also encourages everyone in the workplace to play their part in creating a mentally healthy working environment, take care of their own mental health, and look out for their colleagues. https://www.headsup.org.au/healthy-workplaces/workplace-stressors ● Nurse & Midwife Support is a 24/7 national support service for nurses & midwives providing access to confidential advice and referral. https://www.nmsupport.org.au/workplace/stress ● Nursing and Midwifery Health Program Victoria is a free, confidential and independent support service for nurses, midwives and students of nursing and midwifery experiencing health issues related to their mental health, substance use and family violence concerns. http://nmhp.org.au/ ● Nurse & Midwife Support is a 24/7 national support service for nurses & midwives providing access to confidential advice and referral. https://www.nmsupport.org.au/ ● Smiling Mind provides accessible, life-long tools to support healthy minds. https://www.smilingmind.com.au/ ● Headspace was officially launched in 2010 as an events company, but attendees wanted to take what they learned home with them. Andy, Rich, and a small team decided to make Andy's techniques available online so more people could experience the benefits of

			<p>meditation anytime, anywhere. And that blossomed into the Headspace you see today: guided meditations, animations, articles and videos, all in the distinct Headspace style.</p> <ul style="list-style-type: none"> • The One-Moment® approach takes you just one minute (or less) each day to practice, but our users report powerful benefits. People say this has helped them reduce stress and anxiety, focus better, calm their family dramas, get more productive, and be truly ready for anything. https://onemomentcompany.com/introduce-mindfulness-resistant-workforce/ • Mindfulness for Wellbeing and Peak Performance Learn mindfulness techniques to reduce stress and improve your wellbeing and work/study performance in this online course. https://www.futurelearn.com/courses/mindfulness-wellbeing-performance • Critical Incident Stress Debriefing Following an Emergent Situation https://www.ausmed.com.au/cpd/articles/critical-incident-stress-debriefing • Episode 2 - The Sorrow and Woes of Night Duty https://www.ausmed.com.au/cpd/articles/woes-of-night-duty-podcast-2 • Fear in the Workplace and How it is Affecting Your Health https://www.ausmed.com.au/cpd/articles/fear-in-the-workplace-and-its-effect-on-your-health • Identify Stress and Vicarious, Secondary, Indirect Trauma in Nurses https://www.ausmed.com.au/cpd/articles/stress-trauma-nurses • Mindfulness and Nursing https://www.ausmed.com.au/cpd/articles/mindfulness-and-nursing • Nurses and Emotional Wellness https://www.ausmed.com.au/cpd/articles/emotional-wellness • Post Traumatic Stress Disorder - It's Time to Address These Harmful Attitudes https://www.ausmed.com.au/cpd/articles/post-traumatic-stress-disorder
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			<ul style="list-style-type: none"> • The Health Benefits of Meditation https://www.ausmed.com.au/cpd/articles/health-benefits-of-meditation • When a Nurse is Stretched Too Thin https://www.ausmed.com.au/cpd/articles/nurse-stretch-thin
	Suicide	Resources to assist with preventing, identifying and managing self-harm and suicide	<ul style="list-style-type: none"> • Lifeline is a non-profit organisation that provides free, 24-hour telephone crisis support service in Australia. Volunteer crisis supporters provide suicide prevention services, mental health support and emotional assistance, not only via telephone but face-to-face and online. https://www.lifeline.org.au/ • SuicideLine Victoria is a 24/7 telehealth provider that offers free professional phone and online counselling for people living in Victoria. https://www.suicideline.org.au/ • Beyond Blue is an Australian independent non-profit organisation working to address issues associated with depression, suicide, anxiety disorders and other related mental disorders. https://www.beyondblue.org.au/the-facts/suicide-prevention • R U OK? is a suicide prevention charity in Australia, reminding people that having meaningful conversations with mates and loved ones could save lives. https://www.ruok.org.au/
Physical	Breathing	Practical breathing techniques and activities	<ul style="list-style-type: none"> • Eddie Stern, a yoga teacher, author and lecturer from New York, created the concept, and drew the blueprint for this breathing app. Deepak Chopra, MD, FACP, NYT best selling author of over 85 books, founder of the Chopra Center and Jiyo.com, guided the science and context behind the app. https://apps.apple.com/au/app/the-breathing-app/id1285982210 • Evolve Yourself Institute believes that everyone has the capacity to know happiness, be less stressed and more productive in life and the workplace. https://www.eyi.global/eyi-focus-breath/

	Movement	Links to practical movement and exercise information	<ul style="list-style-type: none"> ● Practical ideas for adults to help increase physical activity and minimise sedentary behaviour every day. https://www1.health.gov.au/internet/main/publishing.nsf/Content/ti-18-64years ● Nurse & Midwife Support is a 24/7 national support service for nurses & midwives providing access to confidential advice and referral. https://www.nmsupport.org.au/staying-healthy/exercise ● Workouts, movement and mobility tips. Specially designed for injury prevention, strength, well-being and for those who work physically, during their working day. https://wholeheartmagazine.com/fitness/2018/10/11/5-ways-to-take-your-catch-up-outside ● Exercise and improving your mental wellbeing https://www.ausmed.com.au/cpd/articles/exercise-mental-health
	Nutrition & hydration	Links to healthy dietary and hydration options	<ul style="list-style-type: none"> ● Backed by science, CSIRO diets and lifestyle programs are designed to help you eat healthier and live well. https://www.csiro.au/en/Research/BF/Areas/Nutrition-and-health/Diet-and-lifestyle-programs ● Heart Foundation funds life-saving heart research and work to improve heart disease prevention and care for all Australians. https://www.heartfoundation.org.au/healthy-eating ● Nutrition can be a wonderful tool for abundant energy and health. These recipes will make multiple wholefood nourishing meals and will provide sustained energy for long hours, and many shifts over multiple days and nights. https://wholeheartmagazine.com/recipes ● Nurse & Midwife Support is a 24/7 national support service for nurses & midwives providing access to confidential advice and referral. https://www.nmsupport.org.au/staying-healthy/healthy-eating ● Obesity and weight management for healthcare professionals https://www.ausmed.com.au/cpd/articles/overweight-healthcare-professionals

	Sleep	Resources to assist with sleep	<ul style="list-style-type: none"> ● The Sleep Health Foundation is Australia’s leading advocate for healthy sleep. It aims to improve people’s lives by promoting sleep, advocacy and raising awareness of sleep disorders. https://www.sleephealthfoundation.org.au/fact-sheets.html ● The National Sleep Foundation is a 501(c)3 charitable, educational, and scientific not-for-profit organisation dedicated to improving sleep health and safety through education, public awareness and advocacy. https://www.sleepfoundation.org/sleep-solutions/sleep-tools-tips ● Can't sleep? Try these options https://www.ausmed.com.au/cpd/articles/cant-sleep ● Nurses' fatigue https://www.ausmed.com.au/cpd/articles/nurses-fatigue ● Sleep management: How to advise patients https://www.ausmed.com.au/cpd/articles/sleep-management
Podcasts	Podcasts	Podcasts to assist with health and wellbeing	<ul style="list-style-type: none"> ● Nursing and Midwifery Health Program Victoria ‘Conversations that Connect’ is a podcast series that shares relevant and practical information to assist in enhancing your health and wellbeing. http://nmhp.org.au/podcast-index.html ● Nurse & Midwife Support A podcast series where nurses and midwives discuss the issues that matter to our community. https://www.nmsupport.org.au/resources/podcasts ● Beyond Blue Not Alone with Marc Fennell is a podcast where everyday Australians talk about their mental health journey to help you with yours. https://www.beyondblue.org.au/get-support/not-alone ● Black Dog Institute Podcasts exploring different insights into mental health through personal experiences

			and expert opinions. https://www.blackdoginstitute.org.au/education-services/podcasts/
Professional & career development	Continuous education	Resources to assist with identifying and managing career advancement	<ul style="list-style-type: none"> • Health and Safety Representative training and programs https://www.anmfvic.asn.au/education-and-training/hsr-training • Nursing education programs https://www.nursemanagerhq.com/ • Nurse & Midwife Support is a 24/7 national support service for nurses & midwives providing access to confidential advice and referral https://www.nmsupport.org.au/search/node?keys=career+transition • 3 Strategies for Being a Networked Nurse https://www.ausmed.com.au/cpd/articles/nurse-networking • 5 Steps to Re-Energise Your Nursing Career https://www.ausmed.com.au/cpd/articles/reenergise-your-nursing-career • Episode 15 - How to Find Meaning in Your Work https://www.ausmed.com.au/cpd/articles/how-to-find-meaning-in-your-work • Five Reasons why Nurses can Benefit from LinkedIn https://www.ausmed.com.au/cpd/articles/nurses-can-benefit-from-linkedin • Giving Feedback - 3 Models for Giving Effective Feedback https://www.ausmed.com.au/cpd/articles/giving-feedback • How to Deal with Complaints in Healthcare https://www.ausmed.com.au/cpd/articles/complaints-in-healthcare • Make Your Nursing Expertise Visible https://www.ausmed.com.au/cpd/articles/make-your-nursing-expertise-visible • Making A Professional First Impression in Nursing and Midwifery https://www.ausmed.com.au/cpd/articles/making-professional-first-impression-nursing-midwifery

			<ul style="list-style-type: none"> ● Nurse Intrapreneurs Make a Powerful Contribution https://www.ausmed.com.au/cpd/articles/nurse-intrapreneurs ● Nurses and Business - You Need to Know! https://www.ausmed.com.au/cpd/articles/nurses-and-business ● Nurses as Disrupters and Agents of Change https://www.ausmed.com.au/cpd/articles/nurses-as-disrupters-agents-of-change ● Nursing Career Advancement - When it Makes Sense https://www.ausmed.com.au/cpd/articles/nursing-career-advancement ● Nursing Job Interviews - Self Presentation https://www.ausmed.com.au/cpd/articles/nursing-job-interview-self-presentation ● Nursing, Privacy and the Risks of Social Media https://www.ausmed.com.au/cpd/articles/nursing-social-media ● Perform a SWOT Analysis of Your Nursing Career https://www.ausmed.com.au/cpd/articles/swot-analysis ● Reflective Practice as a Tool for Growth https://www.ausmed.com.au/cpd/articles/reflective-practice ● Resilience in Nursing https://www.ausmed.com.au/cpd/articles/resilience-in-nursing ● Self Motivation in Nursing https://www.ausmed.com.au/cpd/articles/self-motivation-in-nursing ● Shift Work in Nursing https://www.ausmed.com.au/cpd/articles/shift-work-in-nursing ● Success with LinkedIn for Healthcare Professionals - What You Really Need to Know https://www.ausmed.com.au/cpd/articles/linkedin-for-healthcare-professionals ● The Nurse's Emotional Savings Account https://www.ausmed.com.au/cpd/articles/the-nurses-emotional-savings-account
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Research articles	Research articles	Links to research articles	<ul style="list-style-type: none"> • <u>Workplace stress and resilience in the Australian nursing workforce: A comprehensive integrative review</u> • <u>The effect of mindfulness training on burnout syndrome in nursing</u> • <u>Effects of a structured mindfulness program on development of empathy in healthcare students</u>
Safety	Health & safety	Resources to assist with work, health and safety	<ul style="list-style-type: none"> • Health, Safety and Wellbeing information including employer safety obligations, bullying, injury at work and support for mental health or substance use concerns https://www.anmfvic.asn.au/memberassistance/details?category=health-safety-and-wellbeing • 10 Point Plan to End Violence and Aggression: A Guide for Health Services http://www.anmfvic.asn.au/~media/files/ANMF/OHS/10pointplan-guidance-A4-FA-Web.pdf

			<ul style="list-style-type: none"> • Working 101: Occupational Health and Safety (OHS) - Understand your rights https://www.anmfvic.asn.au/news-and-publications/news/2018/03/08/working-101-occupational-health-and-safety • Occupational Violence Information Sheet https://www.worksafe.vic.gov.au/resources/occupational-violence-information-sheet • Supporting Staff after OVA – Information for Managers https://www2.health.vic.gov.au/health-workforce/worker-health-wellbeing/occupational-violence-aggression/post-incident-response/post-incident-support/information-for-managers • Occupational Violence and Aggression – It’s Never OK http://www.anmfvic.asn.au/campaigns/2019/09/04/occupational-violence-and-aggression • A Day in the Life of a Nurse https://www.safeworkaustralia.gov.au/media-centre/day-life-nurse • Work Health and Safety Essentials for Nurses and Midwives – Booklet and Videos https://www.nurseuncut.com.au/work-health-and-safety-essentials-for-nurses-and-midwives-booklet-and-videos/
<p>Social & relationships</p>	<p>Bullying</p>	<p>Links to bullying resources</p>	<ul style="list-style-type: none"> • Understanding and addressing workplace bullying https://www.anmfvic.asn.au/reps/understanding-and-addressing-workplace-bullying • Bullying in the Workplace: Causing Lasting-Damage While Left Unchecked https://www.ausmed.com.au/cpd/articles/workplace-bullying-healthcare • Episode 13 - What's it Like to be a Bully? https://www.ausmed.com.au/cpd/articles/bullying-in-nursing-podcast • Shift-to-Shift Animosity https://www.ausmed.com.au/cpd/articles/shift-to-shift-animosity • Tall Poppy Syndrome in Healthcare https://www.ausmed.com.au/cpd/articles/tall-poppy-syndrome-healthcare

	Social connection	Links to social connection resources	<ul style="list-style-type: none"> ● Head to Health – Connectedness The connections you make through relationships, places, and social activities can build a safety net for your physical and mental health. Healthy connections with family, friends, partners and co-workers, and having a pet, are known to lower levels of anxiety and depression, and raise self-esteem. https://headtohealth.gov.au/meaningful-life/connectedness ● R U OK? Staying connected is more important than ever https://www.ruok.org.au/staying-connected-is-more-important-than-ever ● Rural Health Pro Connecting people and organisations who care about keeping rural communities healthy. https://ruralhealthpro.org/ ● Zoom Exhaustion is Real. Here Are Six Ways to Find Balance and Stay Connected https://www.mindful.org/zoom-exhaustion-is-real-here-are-six-ways-to-find-balance-and-stay-connected/ ● Creating a Support Network - Communication and Coming Together https://www.ausmed.com.au/cpd/articles/creating-a-support-network ● Professional Boundaries in Nursing https://www.ausmed.com.au/cpd/articles/professional-boundaries-in-nursing ● Understanding Professional Boundaries https://www.ausmed.com.au/cpd/articles/professional-boundaries
Women’s health	Women’s health	Resources to assist with women’s health issues	<ul style="list-style-type: none"> ● Jean Hailes for Women's Health is a national not-for-profit organisation dedicated to improving the knowledge of women's health throughout the various stages of their lives, providing a trusted world-class health service for women. We combine research, clinical care and practical education for women and health professionals. Our key point of difference is the translation and dissemination of research and medical evidence into easy to understand health information delivered in multiple ways to suit our audiences. Our aim is to inspire confidence to create a healthier future for all women. https://jeanhailes.org.au/

			<ul style="list-style-type: none"> • Women’s Health Victoria is a state-wide women’s health promotion, advocacy and support service with a proud history of over 25 years. We are an independent, feminist, not-for-profit organisation. We advocate and build system capacity for a gendered approach to health that reduces inequalities and improves health outcomes for Victorian women. https://whv.org.au/ • Working as a Nurse During Pregnancy https://www.ausmed.com.au/cpd/articles/pregnant-nurse
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