

TMOS Wellbeing Guide

This document aims to provide a one stop shop for all your wellbeing needs, from available resources within your node to external options at your fingertips. Wellbeing encompasses various services and strategies to enhance mental, emotional, and physical health.



Wellbeing Support at your Node:

All nodes at TMOS have a general wellbeing team that will be your first point of contact should you require assistance. Some nodes have different teams for students and staff, whereas others will have one team for everyone. Check out the webpage for your node and see what's available to you!

[Australian National University \(ANU\)](#)

[RMIT University](#)

[University of Technology Sydney \(UTS\)](#)

[University of Melbourne \(UoM\)](#)

[University of Western Australian \(UWA\)](#)

A large benefit that all nodes deliver is counselling. This will likely be free and cover a range of topics from mental health to career/study support.

Below are the relevant links for staff and students.

Staff Counselling Services	Student Counselling Services
<u>ANU</u>	<u>ANU</u>
<u>RMIT</u>	<u>RMIT</u>
<u>UTS</u>	<u>UTS</u>
<u>UoM</u>	<u>UoM</u>
<u>UWA</u>	<u>UWA</u>

External support services

If you're not comfortable contacting someone at TMOS or your node, you can reach out to the following organisations to access support:

[1800RESPECT](#) offers support if you or someone you know is experiencing violence or abuse, call 1800 737 732 or chat online.

[Black Dog Institute](#) provides information and a series of online self-help tools and apps suitable for any device.

[13YARN](#) is the first national crisis support line for Aboriginal and Torres Strait Islander people who are feeling overwhelmed or having difficulty coping, call 13 92 76.

[Lifeline](#) provides 24-hour crisis support, call 13 11 14, text 0477 13 11 14 or chat online.

[Headspace](#) offers support to young people aged from 12 to 25 years to reduce the impact of depression, anxiety, stress, alcohol and drug use, and to improve relationship issues associated with sexuality, sexual health, families, and bullying.

[Beyond Blue](#) provides a range of self-help tools and apps for depression, anxiety and related mental health concerns.

[Butterfly Foundation](#) provides a range of services from information to treatment programs for eating disorders and body image issues.

[QLife](#) is Australia's first nationally oriented counselling and referral service for people who are LGBTQIA+. It provides nationwide, early intervention, peer-supported telephone and web-based services.

Day to Day Wellbeing

Your mental, emotional, and physical health are all linked. To address your general wellbeing, a holistic approach is best.

A holistic approach to wellbeing is a refreshing perspective in a world obsessed with external achievements. By focusing on a multidimensional strategy that encompasses all aspects of life, you can achieve true balance and fulfillment.

Below are some strategies to get you started:

- **Mindfulness Practice:** Try to incorporate one mindful practice into your daily routine, even if it only takes five minutes. You could meditate, write in a gratitude journal or set an intention for the day.
- **Physical Activity:** Regular exercise is important. Whether it's a morning jog, a yoga session, a dance class or a mindless stroll, physical activity can significantly boost your mood and energy levels.

- **Feel Your Feelings:** Learn to slow down and make space for yourself and your emotions. Practice naming your emotions and how they show up in your body e.g. feeling overwhelmed can show up as tense jaw or tight shoulders, this in turn can cause injury if not recognised and managed. Refrain from using food, alcohol, shopping, or other compulsive behaviors as a means of avoidance.
- **Healthy Boundaries:** Consider setting boundaries between work or study and your personal life, otherwise it'll all muddle into one! Without separation, it can be difficult when something goes wrong. A strong element of resilience is being able to zoom out during the tough times and appreciate the things you have. Designate specific times for work and leisure and stick to them.
- **Community Support:** Your leisure time can be spent on engaging with a supportive community. Your friends, family or people you meet while doing a hobby. These people can provide encouragement, accountability, and a sense of belonging.

Useful Online Resources

[How to set up your workstation](#)

[Desk exercises](#)

[Optimising your productivity](#)

[Why take work/study breaks?](#)

TMOS Feedback Form

In addition to the TMOS Culture Survey, TMOS also has a [Feedback Form](#) which is open all year round. The purpose of this form is to allow Centre members to provide real time feedback to our business team. You can use this form to let us know if anything is on your mind.