



Taking time to look after your wellbeing can sometimes take a backseat to the other priorities and demands of life, especially during times of increased workload or stress. This fact sheet provides a reminder of the benefits of maintaining personal wellbeing and some tips to help you do this.

What is wellbeing?

Wellbeing is a state of feeling good about ourselves and the way our lives are going. We experience wellbeing when we are physically and mentally well; spiritually aware or connected; and feel that our life is worthwhile and has purpose.

Wellbeing is influenced by our culture, values, social context and our general state of health. Wellbeing can change over time, so we may experience periods of relatively good wellbeing and times when our wellbeing is challenged. Since no two individuals are the same, one person's experience of optimal wellbeing may look different to another's.

Why is it important?

Positive wellbeing is important because it helps us to function well in the world and provides us with feelings of happiness, enjoyment, curiosity, contentment and engagement. Positive wellbeing also contributes to our mental health, that is our capacity to manage our thoughts, feelings and behaviours so that we can enjoy life, maintain positive relationships and work towards our goals. If you look after your own mental health you may also be better able to help others in the workplace.

What works for you?

- Take some time to reflect on what helps you recharge and relax.
- Are there new activities you would like to try?
- Consider making specific times or days of the week for these activities so they become routine and are less likely to drop off at times of increased work demands or other competing priorities.

Tips to help maintain wellbeing:

- Look after yourself physically, through a healthy diet, regular exercise and adequate sleep.
- Foster and maintain your personal relationships, such as your connections with friends and family.
- Develop interests and friendships outside of your work environment.
- Make time for positive activities for yourself that will help you to relax and have fun.
- Strive for balance between your professional role and your personal life; try to leave work issues at work.
- Limit the use of alcohol and other substances; don't rely on these for relaxation.
- Learn how to monitor and manage your stress in positive ways, eg through exercise, relaxation, breathing, etc.
- Find a mentor through your workplace or professional networks and use that person's support to help you grow professionally and personally.
- Provide support and encouragement for colleagues, give constructive feedback and be a role model.
- If you have spiritual beliefs, make time for regular spiritual practice, or relationships with others who share your philosophy.
- Reach out for support when you need it – from colleagues, friends, family, your GP, a psychologist, or an employee assistance program through your workplace. Lifeline – 24 hour telephone counselling 13 11 14.

Further information

[W www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/ten_tips_to_stay_mentally_healthy?open](http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/ten_tips_to_stay_mentally_healthy?open)

[W www.mentalhealth.asn.au/well-being/resources.html](http://www.mentalhealth.asn.au/well-being/resources.html)