



# All About You

*self-care, resilience & recovery*

High levels of stress, anxiety, depression, tiredness, exhaustion, burnout, overwhelm, headaches, sleeping problems, indigestion, emotional and mental turmoil are becoming commonplace in the workplace and considered as normal. This is our body's way of clearly showing us that something is not right. While we can easily ignore our body's messages and carry on, what impact is this having on us now and in the future?

## Takeaways from this presentation:



Gain a better understanding of resilience and its importance in developing and maintaining self-care practices



Personalise a set of self-care intentions to integrate into daily or weekly routines



**2 hr Workshop  
Online or  
In-Person**

It is easy for self-care to fall by the wayside or become a low priority, especially when some of us have been involved with or exposed to traumatic events. This presentation reminds us to tune into our own needs and whatever "re-creational" and restorative experiences help to retain enthusiasm, energy and as positive an outlook as possible.

- VENUE:** Online via Zoom  
Joining instructions will be sent to you
- DATE:** Tuesday 4 April 2023
- TIME:** 9.30am-11.30am
- COST:** \$0
- BOOK:** [ONLINE HERE](#)
- ENQUIRE:** Angela Francis  
[angela.francis@lifeline.org.au](mailto:angela.francis@lifeline.org.au)

Participants are required to undertake a 5-minute anonymous survey about resilience before joining this presentation. Please visit [www.everydayhealth.com/wellness/resilience/get-your-resilience-score](http://www.everydayhealth.com/wellness/resilience/get-your-resilience-score) to undertake the survey and remember your score at the end for when we discuss the 9 considerations for building resilience.

Everyone should be on their own device, not sharing with others. If you need to be in a group setting, you must have access to your own laptop/pc and use a headset otherwise it may affect your ability to fully participate via some of the features of Zoom.

This training has been fully funded by a grant received from the Australian Government.



If you or someone you know needs support Lifeline is here to help



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