

Resources for Wellbeing – June 2015

Environmental – GIVE

Celebrating Mindful Living and Leadership - Wake Up <http://wakeupproject.com.au/>

Random Act of Kindness Australia - Kindness Cards <http://wakeupproject.com.au/kindness-cards/>

Random Acts of Kindness - <http://www.kindspring.org/>

Australian Kindness Movement <http://www.kindness.com.au/>

GIVEIT is a grassroots charity that connect those in need with those willing to give
<http://www.givit.org.au/>

Landcare Australia <http://www.landcareonline.com.au/>

Give blood to Australian Red Cross <http://www.donateblood.com.au/>

Volunteering Queensland <http://linkki.volunteeringqld.org.au/dotnet/volunteer/>

Mental – LEARN

Headspace - Headspace is your very own personal trainer, here to help you train your mind. You can even fit us in your pocket with our **FREE app**. <https://www.headspace.com/>

Smiling Mind – free meditation Mindfulness apps to download <http://smilingmind.com.au/my-smiling-mind/#>

Beyond Blue Heads up – Workplace mental health resources

<http://www.headsup.org.au/docs/default-source/resources/bl1270-report--tns-the-state-of-mental-health-in-australian-workplaces-hr.pdf?sfvrsn=6>



Happify is a great website designed to disrupt negative thinking

<http://my.happify.com/o/lp27/?fl=1&tmp=&trid=&srid=UYOOT4KA5K&c1=mindful>

Emotional - CONNECT

Action for Happiness – I love this website heaps of practical and useful ideas

<http://www.actionforhappiness.org/?gclid=Cj0KEQjwklurBRDwoZfi1bGCxocBEiQAmcs-egl8yv13oTdb3H-s8vB0IJV9zgfSDnPIMTfcPGszahMaAntr8P8HAQ>

The Happiness Institute Focuses on Positive Psychology – check out “20 Simple Tips to be Happy Now” e-book by Dr Timothy Sharp

<http://www.thehappinessinstitute.com/blog/article.aspx?c=3&a=2342>

The Greater Good This simple website from the Greater Good Science Center at UC Berkeley is teeming with new practices for you to try, from mindful breathing to giving yourself a self-compassion break. The website is designed to help you find practices that can make a difference in your life with easy filters to find the practice specifically for your needs. The site is interactive and easy to integrate it into your life. http://greatergood.berkeley.edu/mind_body

Spiritual / Cultural – TAKE NOTICE

Giant Mind Free learn to Meditate app <http://1giantmind.org/>

Mindfulness - <http://www.mindful.org/>

Tara Brach free Guided Meditations <http://www.tarabrach.com/audioarchives-guided-meditations.html>

Physical – BE ACTIVE

Jawbone Health and Fitness trackers <https://jawbone.com/up>

Healthier Happier Queensland Fitness <http://healthier.qld.gov.au/>

Beginners Guide to Yoga – Great little book with basic yoga and a good work out to do at your desk <http://www.angelmessenger.net/wp-content/uploads/beginners-guide-to-yoga-meditation.pdf>

Wellbeing Resources October 2015

Great wellbeing tips for remote workers <https://www.linkedin.com/pulse/wellbeing-human-service-workers-remote-regional-areas-anna-boyce?trk=prof-post>

Some great tips and easy practises to use when feeling stressed from the **Creative Wellbeing** Website <http://creativewellbeingworkshops.com/wp-content/uploads/2012/07/CWW-Handout.pdf>

Also some tips on using a Gratitude Journal – love it! <http://creativewellbeingworkshops.com/wp-content/uploads/2012/11/CWW-Gratitude-Journaling.pdf>

Great article on Happiness <https://hbr.org/2015/08/happiness-isnt-the-absence-of-negative-feelings>

If you really want to learn **Mindfulness**, here is a high quality in-depth **free** training http://palousemindfulness.com/selfguidedMBSR_week0.html

The ABC has a Health and Wellbeing Website with some great articles, advice and ideas
Good on ya Aunty! <http://www.abc.net.au/health/>

I do like to pick an affirmation card or angel card most days. I recently found a website that you can shuffle the cards online for your daily affirmation/inspiration!
<http://www.vitalaffirmations.com/pool/affirmation-cards.htm#.VgnUIHqqgko>

This website has the lovely kindness cards, along with other information and upcoming events
<http://wakeuproject.com.au/kindness-cards/>

I think this webcast will be quite interesting looking at meditation and Mindfulness in the workplace.
Free Webcast – Mindful at Work.
<https://register.mindful.org/>

This **Appreciate a Mate** app put together by the Young and Well Cooperative Research Centre is a great idea <https://itunes.apple.com/au/app/appreciate-a-mate/id785807039?mt=8>

Reach Out has some great ideas and resources for all aspects of Wellbeing
<http://au.reachout.com/wellbeing/mental-fitness>

An iTunes app **Worrytime** for noting worries so you can get on with the day or note all your worries before you go to sleep – proven effective in helping sleep.
<https://itunes.apple.com/au/app/reachout-worrytime/id964311176?mt=8>

Colouring in to reduce stress seems to be very popular and works! Here is some free downloads of mandala art for you to start colouring in at lunch time!
<http://www.inourhands.com/uncategorized/downloadable-colouring-pages-for-relieving-stress-and-anxiety/>

Wellbeing Resources December 2015

This website has some good exercises that are simple to do, as well as other Wellbeing advice and ideas <https://www.wellbeingnetwork.com/en/category/getting-fit/function-better-with-functional-fitness>

A new Christmas gift idea for the home or office?... **Hula Hoop!** What fun! and so good for building core strength! <https://www.wellbeingnetwork.com/en/category/workouts/hula-your-way-to-health-and-fitness>

This is an excellent list of how you can address specific stresses and mental distractions whilst at work <http://www.mindful.org/your-mind-at-work/>

I really like these tips for health and wellness at work. It has great elements for influencing positive culture <http://www.happyandwell.com.au/health-wellness-ideas-work>

Happy and Well also have heaps of very good E-books free to download <http://www.happyandwell.com.au/category/ebooks>

Wow, this is a good one from Mental Health NSW "Stressless Tips" <http://www.stresslesstips.org.au/all-tips/>

My favourite of the month is <http://www.calm.com/> you can choose a wonderful screen image whilst beautiful relaxing music is played!

Tara Brach is an inspiring world leader in Meditation and Mindfulness. She generously shares her many excellent meditations for download <http://www.tarabrach.com/guided-meditations/>

And finally, some healthy-ish Christmas treats to make

<http://www.healthyfoodguide.com.au/articles/2011/december/10-of-the-best-christmas-treats>

