



ORIENTATION

Wellbeing, Self-Care and Success.

Student Wellbeing Advisory Service

ACKNOWLEDGEMENT OF COUNTRY

I would like to acknowledge the traditional owners of the land on which the Perth Campus is located, the Wadjuk people of the Nyungar Nation; and honour their Elders, past, present and emerging.

Student Wellbeing Advisory Service

For confidential support and advice

Perth/ Online / Overseas

Building 102 Curtin Connect

Mon-Fri 8:30am – 4:30pm AWST

Wed 10am-4:30pm AWST

Free call 1800 244 043

studentwellbeing@curtin.edu.au

Overseas call+61 9266 2662

Kalgoorlie

Building 701 Room 114

Mon -Thurs 8.30am to 2.00pm AWST

Call +61 9088 6029

kalgoorliewellbeing@curtin.edu.au

Student Wellbeing Advisory Service

For confidential support and advice

- Personal circumstances impacting your studies
- Confused where to go for support
- Understanding your options
- Worries about your studies or academic progress
- (e.g. taking on difficult units, being placed on conditional status or questioning your course choice)
- Social justice Welfare support Some examples: Religious equity, homeless, parenting, alternative exam arrangements, assessment extension on social justice/ welfare grounds etc.

HOW TODAY'S SESSION WILL BE RUN

- Staying healthy while studying
- How your healthy wellbeing will support your success
- Self-care: What is it ? Why do we need it?
- Explore challenges: Motivation, Time , Mental Health, What do you do to cope?
- Evaluate current coping strategies: Is it working? Can you improve it?
- How to make your self-care a habit
- Make a self-care plan
- Q & A

SELF-CARE

What is self-care?

- Self-care refers to the activities and practises that we deliberately choose to engage with on a regular basis to maintain and enhance our health and wellbeing.
- It's about taking care of the little things that matter to help you to heal so that you can become part of the solution.
- Looking after your own wellbeing = **meeting your own needs!**
- This will help you get through challenging times and will help you to maintain productivity to achieve your goals.



SELF-CARE

Why have a self-care plan?



When life gets busy, self-care is often the first thing that we sacrifice.

People often think that taking time for themselves seems indulgent.

Sharpen the saw ...



Means preserving and enhancing the
greatest asset you have-you!

What are your stresses at the moment?



CHALLENGES

I can't ...

see my
family

get
motivated

get
support I
need

see my
friends

control...

5 WAYS TO WELLBEING

Implementing tiny habits

Take a look at the activities below and tick any you have done in the last week.

Give	BE ACTIVE	KEEP LEARNING	TAKE NOTICE	CONNECT
Helped with homework or the dishes <input type="checkbox"/>	Walked to work <input type="checkbox"/>	Asked for help and learnt something new <input type="checkbox"/>	Sat quietly in a garden or park <input type="checkbox"/>	Phoned a friend <input type="checkbox"/>
Supported a friend <input type="checkbox"/>	Danced <input type="checkbox"/>	Tried a new recipe <input type="checkbox"/>	Watched the sunset/sunrise <input type="checkbox"/>	Wrote a letter <input type="checkbox"/>
Thanked someone <input type="checkbox"/>	Used the stairs <input type="checkbox"/>	Used Wikipedia to answer a question <input type="checkbox"/>	Found out about a local issue <input type="checkbox"/>	Played with kids <input type="checkbox"/>
Made hot drinks for colleagues <input type="checkbox"/>	Walked at lunchtime <input type="checkbox"/>	Attended a course or took on a new task <input type="checkbox"/>	Closed my eyes and breathed or practised mindfulness <input type="checkbox"/>	Chatted with a neighbour <input type="checkbox"/>
Paid someone a compliment <input type="checkbox"/>	Did house work and/or gardening <input type="checkbox"/>	Went to the library to get information <input type="checkbox"/>	Listened to my favourite song <input type="checkbox"/>	Talked or phoned instead of emailing <input type="checkbox"/>
Smiled at a stranger <input type="checkbox"/>	Walked my dogs <input type="checkbox"/>	Read a book <input type="checkbox"/>	Went to a park and noticed nature <input type="checkbox"/>	Invited someone for coffee or a walk <input type="checkbox"/>
Helped someone out <input type="checkbox"/>	Took the walking school bus <input type="checkbox"/>	Learnt a new word <input type="checkbox"/>	Asked about someone's day and listened <input type="checkbox"/>	Attended a local event with others <input type="checkbox"/>
Add your own <input type="checkbox"/>	Add your own <input type="checkbox"/>	Add your own <input type="checkbox"/>	Add your own <input type="checkbox"/>	Add your own <input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SCORE: now add up the number of ticks in each column:

0	0	0	0	0
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Are there any areas that have no or only one or two activities? Pick out something from the list or add something you would like to do that isn't noted and make time to try these out next week.

SELF-CARE COPING STRATEGIES

I can

Phone or
zoom my
family

Start small
or scale back

Seek other
support /
resources

Phone or
zoom my
friends

Control
what I
focus or
act on

EVALUATE

Your coping strategies

When faced with challenges, we can use either positive coping strategies or negative coping strategies. Below are a few examples of each. Which strategies do you use?

POSITIVE	NEGATIVE
Deep breathing	Yelling
Stretching	Overeating
Meditation	Drinking excessively
Listening to Music	Smoking
Exercising	Pacing
Reading	Biting fingernails
Socialising	Skipping meals
Taking a bath	Withdrawing from friends and family
Engaging in a hobby	Pacing

Tiny habits

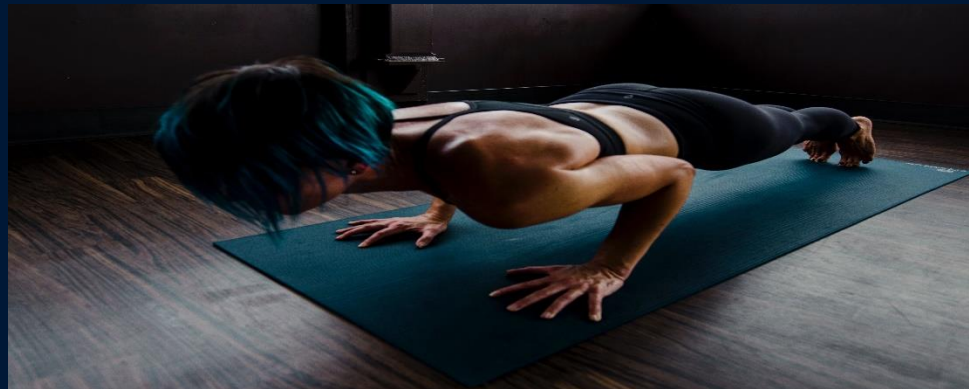
The 3 R's of Habit formation are SMART

S	M	A	R	T
Specific	Measurable	Achievable	Relevant	Time-bound
Make your goals specific and narrow for more effective planning.	Define what evidence will prove you're making progress and reaching your goal.	Make sure you can reasonably accomplish your goal within a certain timeframe?	Your goals should align with your long-term objectives.	Give yourself a deadline by setting a realistic but ambitious end date.

1. Reminder

The cue or trigger that starts the habit:

Get out of bed



If the reward is positive you'll have a desire to do it again the next time a reminder pops up . Eventually, this repetition will form a new habit

2. Routine

The action / habit itself
1 press up

3. Reward

The benefit you gain from the habit stronger, closer to fitness goal .
Release of dopamine

MAKE SELF-CARE PLAN

Identify your daily self-care needs

	Connect	Be Active	Keep Learning	Be Aware	Help Others
What am I doing now?					
What do I want to change or do more of?					
What is one next step I can take in each area to get started?					

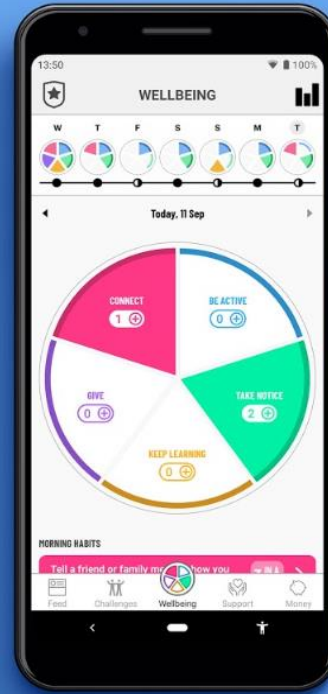


Be Well at Curtin

Centred around the 5 ways to wellbeing Be Well provides you with the tools so start building healthy, positive habits in to your everyday lives.

You can also access a library of self-help tools and podcasts to help you improve your wellbeing and study skills. Take care and download BE WELL through [iOS](#) or [Google Play](#).

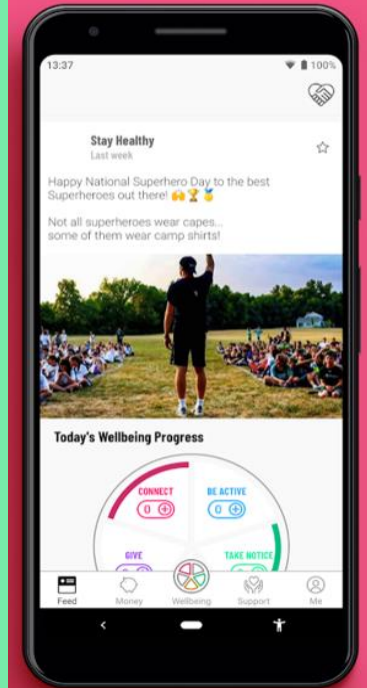
Quickly track the healthy habits you are working on each day.



Learn how to reduce and manage stress and anxiety.



Live a healthier, happier life



What was your take away from today

Share with us

Resources

Key Take Away +

- Self-care leads to increased capacity for success and prevents burnout
- Tiny habits are achieved through reminder, routine and reward. Tiny habits are SMART – specific , measurable achievable , relevant and time bound
- Use 3 Rs of habit formation routine trigger , routine action/behaviour/ reward benefits/ celebrate
- Make the task easier: start small, scale back or increase ability with resources
- Key take away document
- Be Well App Download through [iOS](#) or [Google Play](#)

Q and A



THANK YOU