

the alliance
for suicide prevention
sunshine coast

Navigating Our Wellbeing



RESOURCES

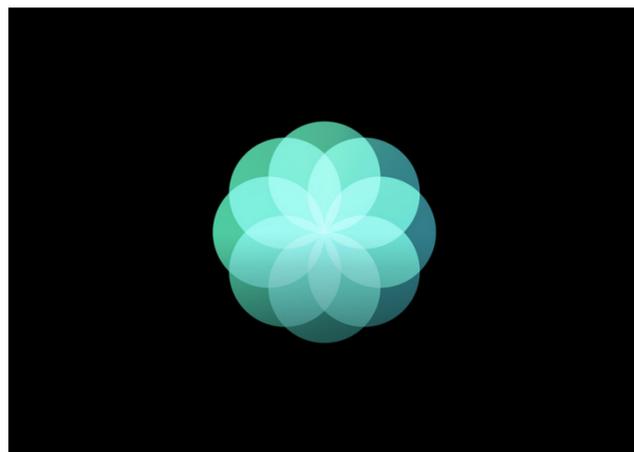
RESOURCES

TO MANAGE STRESS

There are many resources online and it can be hard to know where to start. We have gathered together several useful links to a variety of websites and apps. This is not an exhaustive list and different strategies or combinations of approaches will be helpful for different people.

Have a look through and experiment with different strategies to work out which assist you the most. These strategies take practice and time, **so please be kind to yourself** if you don't notice much effect from the beginning.





BREATHE

different breathing techniques designed to aid relaxation

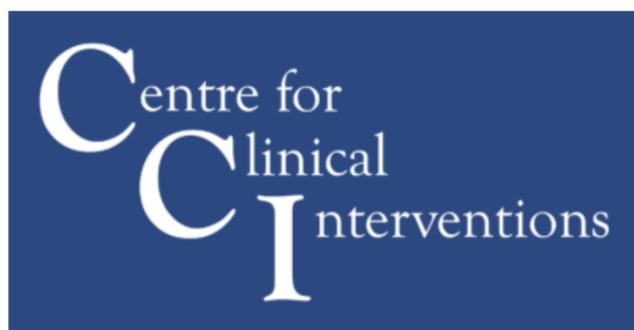
<https://support.apple.com/en-au/HT206999>



CALM

guided meditation app to help reduce stress and enhance wellbeing

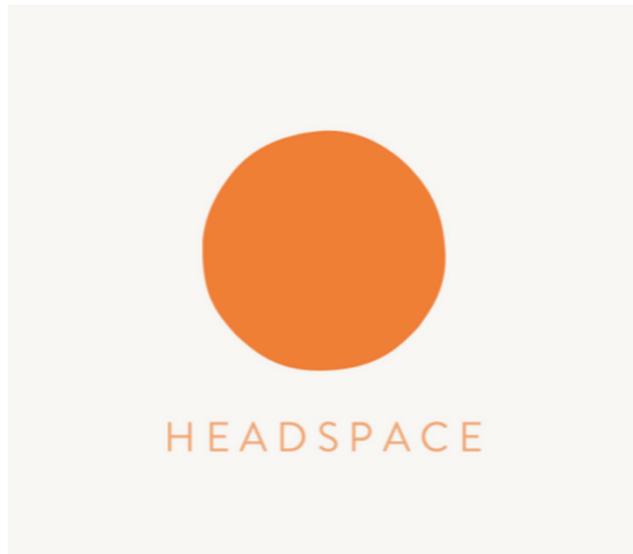
<https://www.calm.com/>



CENTRE FOR CLINICAL INTERVENTIONS

free resources for understanding anxiety, strategies to aid sleep, muscle relaxation, managing worry, breathing retraining

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>



HEADSPACE

mindfulness and meditation exercises for sleep, exercise, and managing different emotions

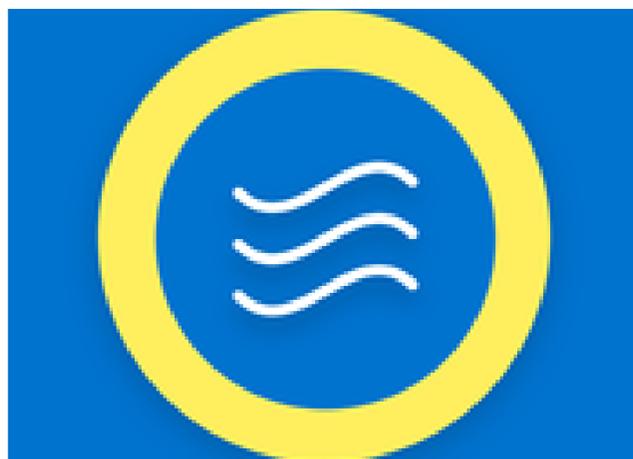
<https://www.headspace.com/headspace-meditation-app>



IHELP

iHelp Sunshine Coast brings to your fingertips the range of mental health support and suicide prevention services available on the Sunshine Coast

<https://ihelp.thealliance.org.au/>



REACHOUT BREATHE

reduce physical symptoms of stress and anxiety by slowing down breathing

<https://apps.apple.com/au/app/reachout-breathe/id985891649>



REACHOUT WORRYTIME

how to manage worry

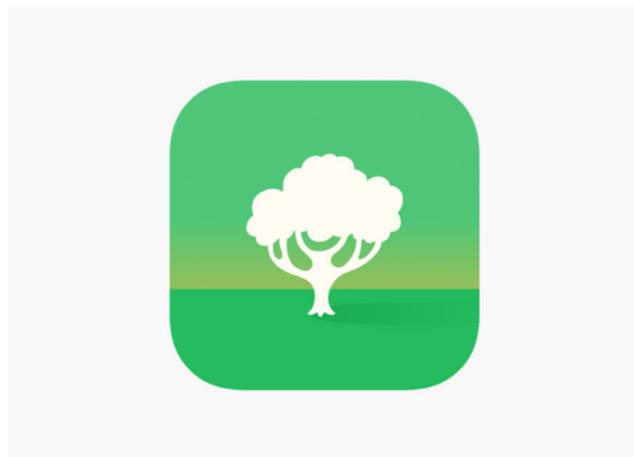
<https://apps.apple.com/app/apple-store/id964311176>



SMILING MIND

a daily mindfulness and meditation guide at your fingertips

<https://www.smilingmind.com.au/>



WORRYTREE

designed to help you record and manage your worries on the go through a CBT-based simple, secure app

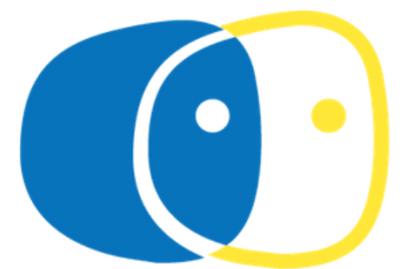
<https://worry-tree.com/>

EXPERT ARTICLES

The Alliance for Suicide Prevention – Sunshine Coast team publish expert articles online, with recent topics including recognising the signs of anxiety, responding to staff during a health crisis and supporting team wellbeing.

Access the articles here:

<https://www.thealliance.org.au/news/>



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SUICIDE ALERTNESS TRAINING

**GAIN SUICIDE ALERTNESS SKILLS IN
JUST ONE HOUR, FREE ONLINE**

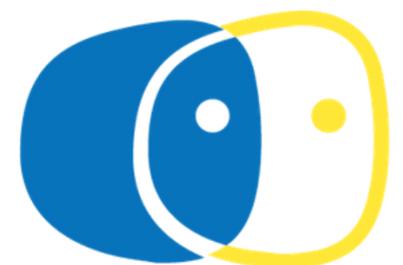
Everyone can learn to recognise someone at risk of suicide and start a conversation that could save a life.

Cost: Free for Sunshine Coast residents and workers (value \$37.50)

Duration: 1 – 1.5 hours, completed in your own time

Date: Click [here](#) to reserve your license now for commencement in May

The Alliance covers the cost of this training to help create a suicide-safe Sunshine Coast and to enable our important research into suicide prevention training.



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Foundational components of wellbeing

SLEEP

Our sleep routine and practices are more important than ever. Sleep aids our mental stability and assists our energy levels.

Getting up at the same time each day and keeping your usual night-time routine are important. Watch out for alcohol, caffeine and nicotine consumption.

ROUTINE

Try to create some structure in your day. Create a new daily routine that prioritises looking after yourself. Have an exercise routine, leisure pursuits, and a focus on eating well and taking time out to relax.

REGULAR EXERCISE

Just 30 minutes per day of walking can help boost your mood and improve your health.

RELAXING ACTIVITIES

Explore relaxation or wellness programs, which may incorporate meditation, muscle relaxation, or breathing exercises. Schedule regular times for these and other healthy and relaxing activities.

NUTRITION

In this stressful time, our bodies need a good range of healthy and nutritious foods. Be mindful of the not so nutritious food and fluids that we might gravitate towards. Perhaps reflect on what you may have increased or decreased since the change in routine.

SOCIAL CONNECTION

There has been a lot in the media about maintaining social connection in this time of physical distancing. It is important to keep in touch with more than those at home. Finding creative ways to connect is important. Keep in touch with people who can provide emotional support and practical help.

Meaningful activity assists our wellbeing, and this can look different for different people. It might be that your meaningful activity right now is adjusting your business to fit the current parameters or it may be assisting others.

The main thing about this is that it can give you purpose and a focus. This may even be learning something new or pulling out an old hobby.



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THE ALLIANCE FOR SUICIDE PREVENTION

<https://www.thealliance.org.au/>

<https://www.facebook.com/alliancesunshinecoast>

The Alliance for Suicide Prevention – Sunshine Coast is a community-based program that incorporates research and education. It is an initiative of USC's Sunshine Coast Mind and Neuroscience – Thompson Institute.

The Thompson Institute was established by USC as a hub for world-class mental health research, teaching and clinical services

Opening in 2018, it has built a reputation for using a unique, integrated model of care, which has put it at the forefront of research for some of regional Australia's most pressing mental health issues, including dementia, suicide prevention, post-traumatic stress disorder and youth mental health.

SUNSHINE COAST
MIND &
NEUROSCIENCE
THOMPSON INSTITUTE

