

Wellbeing Elements - Individual

Element



Spiritual

Strategies

- Nurture your spiritual life through daily prayer, quiet contemplation, or practices meaningful to your faith tradition.
- Reflect on how your daily actions serve others, express your core values, and contribute to the common good.
- Engage in mindful practices: Use mindful breathing, meditation, gratitude reflection, or mindful walking to foster presence and spiritual awareness.
- Explore spiritual tools such as Scripture, the Examen, Lectio Divina, or other faith-based readings and rituals.
- Inspired by Laudato Si' and other traditions, recognise the sacredness of creation and your role in caring for the earth and all life.

Resources

Spiritual Capabilities: [Awakenings](#)

Professional Learning: [Aggiornamento program](#)

Catholic Diocese of Ballarat: [Website](#)

Converge: [Spiritual and Pastoral Care, Faith and Purpose](#)

Calm: [Meditation App](#)

AITSL: [Cultural Responsiveness](#)

Catholic Earthcare Ballarat Diocese: [Laudato Si'](#)

Caritas Australia: [Website and Resources](#)

Volunteering Victoria: [Website](#)



Emotional

- Make use of available mental health support and resources, such as counselling or stress management techniques, to maintain emotional resilience.
- Focus on maintaining a positive outlook, practicing gratitude, and engaging in activities that bring you joy and satisfaction.
- Work on understanding and managing your emotions and build a plan of what works for you to improve mental wellbeing.

DOBCEL Employee Assistance Program: [Converge](#)

Beyond Blue: [Look after your wellbeing](#)

Beyond Blue: [Wellbeing Action Tool](#)

Beyou: [Wellbeing tools for educators](#)

Black Dog Institute: [Digital tools and resources](#)

Headspace: [Tips to keep good mental health](#)

Smiling Mind: [Smiling-mind-app](#)

THIS WAY UP: [Online tools](#)

WellMob: [Resources for Aboriginal and Torres Strait Islander People.](#)

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Social

Strategies

- Make time to connect with colleagues through informal conversations, shared breaks, or social activities.
- Join or initiate interest-based groups or communities within the workplace.
- Practice active listening and empathy in interactions to build stronger relationships.
- Seek opportunities to collaborate with colleagues across different areas, to foster a supportive work environment.
- Reflect on your social needs and seek balance between solitude and connection.

Resources

Fostering social connection and belonging: [Article](#)

5 Ways to Wellbeing: [Connect Fact Sheet](#)

Building social connections: [Lifeline Toolkit](#)

Ways to improve active listening: [verywellmind.com](#)

AITSL: [Enablers for Professional Conversations](#)

Converge Social connection: [Article](#)

VIT- Mentoring and Effective Mentoring Program: [EMP](#)



Physical

- Prioritise regular movement throughout the day, such as walking, stretching, or standing breaks.
- Maintain healthy sleep, nutrition, and hydration habits to support overall wellbeing.
- Make use of workplace wellness initiatives, such as fitness programs or ergonomic assessments.
- Listen to your body and seek medical or allied health support when needed.

[Apple Health](#) / [Google Fit](#) - Tracks daily activity and can be set to prompt movement goals throughout the day.
[MyFitnessPal](#) - Tracks nutrition, hydration, and exercise, helping you maintain balanced habits

Sleep Health Foundation: [Basics of Sleep](#)

Workstation Ergonomic Set Up: [Setting up your workstation](#)

Nutrition Australia: [Fact Sheets](#)

Converge: [Boost Wellbeing with Nutrition Support](#)

Better Health Channel: [Food and your mood](#)

Ride2Work Day: [Ride2Work Day](#)

Safe Work: [Stretch at your desk](#)

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Growth

Strategies

- Set personal and professional goals that align with your values and aspirations.
- Seek feedback with humility and a spirit of growth.
- Practice regular reflection and prayer regarding growth and development.
- Engage in ongoing learning through professional learning, reading, or mentoring.
- Embrace challenges as opportunities for growth and resilience.

Resources

DOBCEL: [Professional learning Calendar](#)

AITSL: [Create your own professional learning plan](#)

AITSL: [Resources for resilience, grit and growth mindset](#)

Effective Mentoring Program: [EMP](#)

VIT- Mentoring and Effective Mentoring Program: [EMP](#)

Converge: [Career coaching](#)

Linkedin Learning: [SMART goals for Professional Learning](#)



Workplace

- Manage your workload and stress proactively and seek support when you feel overwhelmed.
- Engage in safety training and follow procedures to protect yourself and others.
- Report hazards or incidents promptly via the appropriate channels.
- Support your colleagues' wellbeing by being approachable, considerate, and willing to help.
- Respect personal boundaries and space, fostering both physical and psychological safety.
- Use tools, equipment, and resources responsibly, following all safety guidelines.
- Promote inclusivity by ensuring everyone feels safe, heard, and valued in the workplace.

WorkSafe Toolkit: [Workplace Relationships](#)

Ourwatch: [Respectful relationships education](#)

The Department of Education Victoria: [Respectful workplaces](#)

The Department of Education Victoria: [Inclusive workplaces](#)