

The 7 Spokes of Wellness Week

Emotional



Personal

- Peer support
- Mentoring
- Respectful conflict resolution

Organizational

- Peer support groups
- Formal mentoring programs
- Employee assistance programs

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Physical



Personal

- Regular exercise
- Healthy eating
- Sleep hygiene
- Regular contact with your GP

Organizational

- Access to facilities for exercise
- 24/7 access to nourishing food
- Access to quiet rest areas

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Occupational



Personal

- Ask yourself -
Why you do what you do?
- What do you love about it?
- Realistic self expectations
- Reflective practice

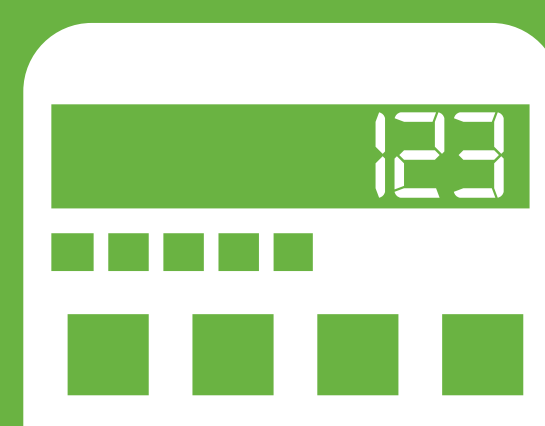
Organizational

- Regular 360 feedback
- Flexible clockwise rostering
- Regular breaks
- Regular annual leave
- “No blame” culture

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Financial



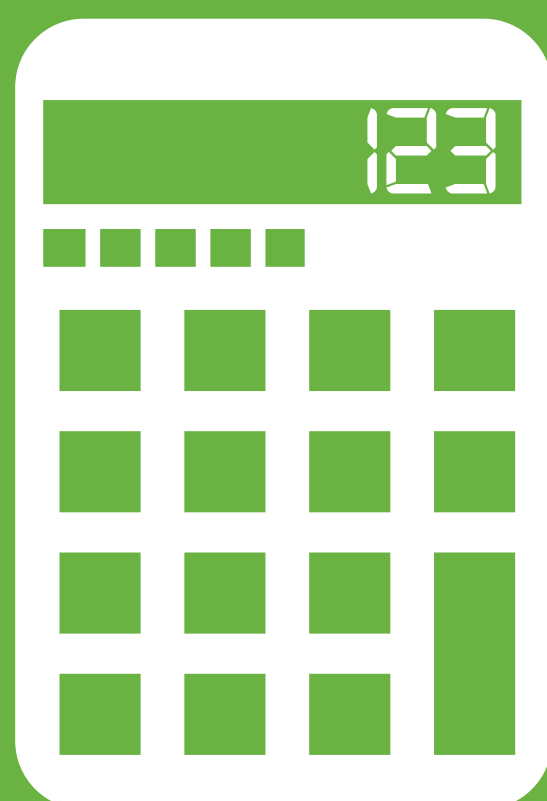
Personal

- Understand your own financial circumstances and risk - Ideally before you get unwell
- Professional financial advice

Organizational

- Fair and equitable pay
- Access to financial planning advice
- Optimising superannuation and salary packaging plans

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Spiritual



Personal

- Mindfulness practice
- Journalling
- Random acts of kindness
- Gratitude

Organizational

- Mindfulness training
- Resilience training
- Respect for differing beliefs

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Social



Personal

- Maintain your personal community
- Develop your professional community
- Avoid tribalism
- Role model respectful behaviour

Organizational

- Healthy work culture
- Leadership training
- Conflict resolution training
- Communication training
- Organised social events
- Inter-departmental events

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The 7 Spokes of Wellness Week

Intellectual



Personal

- Develop your 'niche'
- Ongoing professional development
- Reflective practice
- Facilitate the educational development of your colleagues.

Organizational

- Support to develop 'niche', within the speciality
- Access to PDL
- No blame M&M meetings
- Awesome and excellent meetings

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