

**TAKE-HOME TIPS AND
TOOLS TO SUPPORT
YOUR WELLBEING AT
WORK AND AT HOME.**

SUPPORTACT

The heart & hand of Australian music

BODY

PHYSICAL HEALTH & WELLBEING

- **Get moving.**
Exercise regularly, find something you enjoy.
- **Nourish your body.**
Eat healthy meals. Practice mindful eating.
- **Hydrate.**
Drink water. Lots of it.
- **Sleep well.**
Develop an optimal sleep schedule for you.
- **Be mindful of substance-use.**
Notice when you're looking for something to "take the edge off".

MIND

COMPETENCE, GROWTH & MASTERY

- **Use your skills.**
Find opportunities to do work you enjoy and that you are good at.
- **Find opportunities to improve and grow.**
Look for ways to improve and develop your skills.
- **Keep learning.**
Explore topics that interest you. Expand your knowledge.
- **Build mastery into your days.**
Find something you can work towards and get better at.

HEART

CONNECTION, BELONGING & COMMUNITY

- **Value those who “have your back”.**
At home and at work, we need strong relationships we can trust.
- **Find space to express yourself.**
Embrace vulnerability and be open in supportive spaces.
- **Call out bullying when you see it.**
Don't sleep on inappropriate or unfair conduct.
- **Listen, listen, listen.**
Don't rush to fill the space or tell your story. Practice mindful listening by lending an EAR (see next page!)

SOUL

MEANING, JOY & PURPOSE

- **Accumulate positive emotions.**
Do stuff that makes you feel happy, energized, grateful. Make these regular parts of your life.
- **Take a pause.**
Prioritise relaxing activities. Get out in nature.
- **How do you give back?**
How do you contribute to your relationships, your workplace or society at large?
- **Connect to community.**
Find spaces where you feel safe, seen and free.

LENDING AN EAR

Your 3-step guide to being a kick-ass listener & supporter.

E:

Enlist Empathy.

When you're listening, try to really hear and understand the experience and emotions from the other person's perspective. Ask questions to deepen your understanding.

A:

Acknowledge Humanity.

Validate their experience by reminding them that it's human to feel that way, and that they are not broken, useless or irredeemably flawed.

R:

Respond with Support.

Guide them to relevant and easy access resources and support.

Remember! It's not your job to fix someone or solve all their problems. Often, the most empowering and supportive thing you can offer someone going through mental health challenges is providing a low-pressure, non-judgemental space for them to be heard and accepted.



SIGNS YOU OR A MATE MIGHT NOT BE DOING GREAT...

- Acting *off*. Constantly **agitated, erratic, overwhelmed, aggressive** or **withdrawn**.
- Drinking, smoking** or **doing drugs** much more frequently.
- Isolating** - not attending social events and frequently cancelling plans.
- Not doing fun or healthy stuff anymore - like hobbies or exercise.
- The experience of a **big life blow**, e.g. lost a friend or family member, broken up with a partner, lost a bunch of money.
- Endured or witnessed a traumatic event, such as **sexual or physical assault / abuse, a natural disaster, sudden death of a loved one, hospitalisation**.
- Eating** and/or **sleeping** waaay **too much**, or **barely enough**.
- Posting **dark, erratic or alarming content** online.
- Certain behaviours have taken on an **obsessive, all-encompassing vibe**, like watching porn, having sex, exercising, working, etc.
- Engaging in **risky behaviours**, like drink/drug driving, speeding, gambling, taking heaps of drugs, having unprotected sex, getting into fights, etc.
- Mentioned or thought about **self-harm** or **suicide**.

Ticked off a bunch of the boxes above when thinking about yourself or someone you care about? It's a good sign that you or your loved one should have a chat to a mental health professional (there's more info about that at the end of this booklet).

While these may be indicators that you or a mate might be dealing with a mental health issue, remember that you don't need to wait for things to be *really bad* before reaching out for support. Support is available at anytime - and it can wise to get help *before* sh*t hits the fan.



Support Act provides 12 free counseling sessions for you and your family per year

**It's free
It's confidential**

Available nation-wide 24/7, for all people working in the Australian music industry

With tailored support lines for First Nations music workers, managers, LGBTQIA+ & Sexual Health.



RESOURCES & SUPPORT

WWW.SUPPORTACT.ORG.AU/RESOURCES/MENTAL-HEALTH-RESOURCES

Wanna learn more about mental health and other challenges for those working in music? Check out the resources available on our website - there is plenty of easy-to-access info, as well as cool video content and upcoming events.

