

Healthy Heads Talk No 4.

Being aware

This Healthy Heads Talk is about the Healthy Heads App Wellbeing Check-in.

It's best you have the App on your phone and familiarise yourself with it.

Remember, more things are being added continually

and there may something new from the last time you opened it.

Take the time to have a couple of rehearsals, using the following script as a guide.

Don't be afraid to find your own words.

Just remember, we want to clear, concise and approachable.

We want to encourage people to download the App and do the Wellbeing Check-in.

Slide 1 – Being aware

Script

Being aware is fundamental in looking after our wellbeing and mental health.

This Healthy Heads Talk is about a practical tool to help us improve our self-awareness.



[Scan here to download the Healthy Heads App](#)

Slide 2 – When we improve our self-awareness we are better able to take care of ourselves and others.

Script

When we have a healthy self-awareness,
we are better able to take care of ourselves and others.
Now we all have up days and down days.
And some of us are just naturally good at reading how we are our feeling
and can figure why they are feeling a certain way.
Others of us are not so instinctive with this stuff.
But we can become better at understanding how we're feeling, how we're 'going'.

A blue rectangular slide with a white border. In the top left corner is the Healthy Heads logo and the text 'Healthy Heads in Trucks & Sheds'. In the top right corner is the text 'Talk No. 4'. The main text is centered and reads: 'When we improve our self-awareness we are better able to take care of ourselves and others.' Below the text is a large white square containing a blue and white stylized 'H' logo. In the bottom right corner is a small white number '2'.

Healthy Heads in Trucks & Sheds

Talk No. 4

**When we improve our self-awareness
we are better able to take care of
ourselves and others.**



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[Scan here to download the Healthy Heads App](#)

Slide 3 – The Healthy Heads App Wellbeing Check-in.

Script

The Healthy Heads App has a handy tool called the Wellbeing Check-in.

As you can see, ...

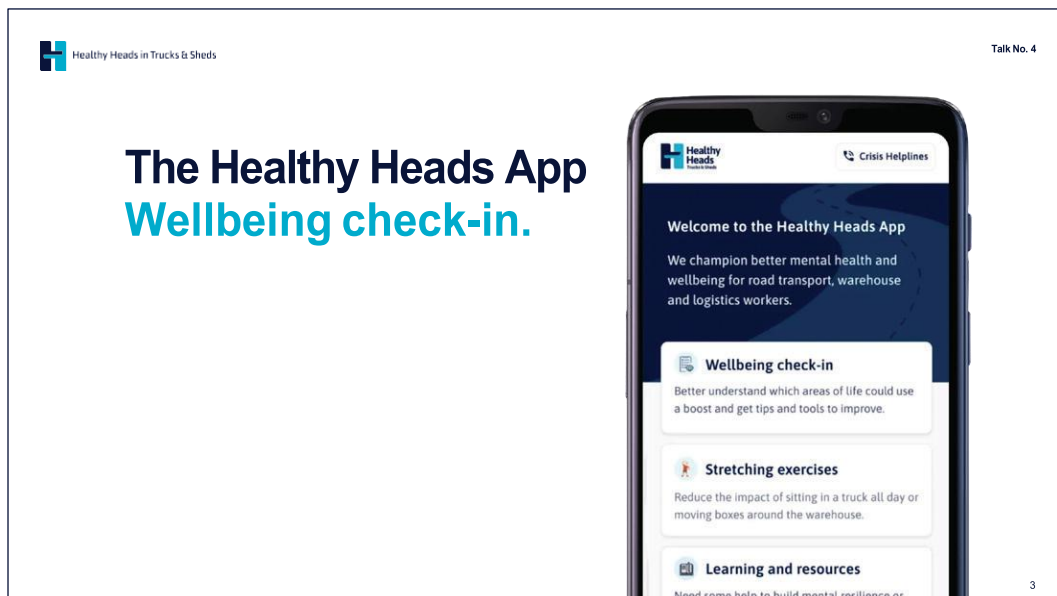
Action note: *hold up your phone with the App*

...the Wellbeing Check-in is right here one the first screen when you open the App.

Perhaps some of you have used it?

Action note: *Be ready for some who may have tried it and have a negative or ambivalent view. Acknowledge it's not going to be for everyone. No big deal. That's okay.*

What helps one person may be a shrug of the shoulders for another.

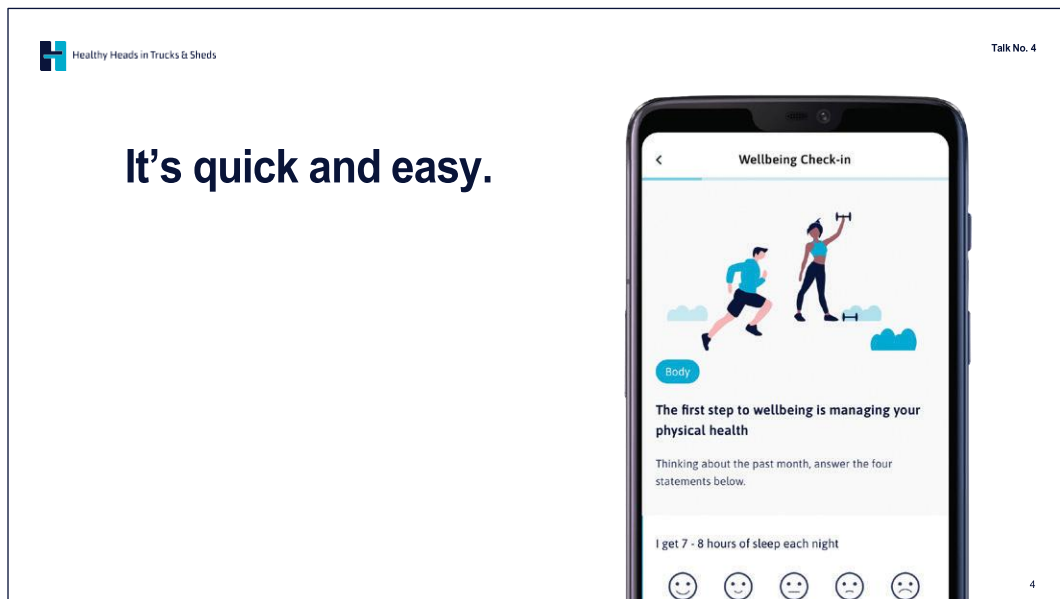


[Scan here to download the Healthy Heads App](#)

Slide 4 – It's quick and easy.

Script

It only takes a couple of minutes to answer the sixteen multiple-choice questions. The questions are under four key areas that make up our wellbeing.



[Scan here to download the Healthy Heads App](#)

Slide 5 – It's holistic. Wellbeing check-in results screen on mobile.

Script

Body. Emotions. Mind. Connection.

This creates a holistic snapshot of how you are going right now.

While largely straight forward, the questions do make you pause and reflect.

Of course, the more honest you are with yourself, then the more meaningful it is.

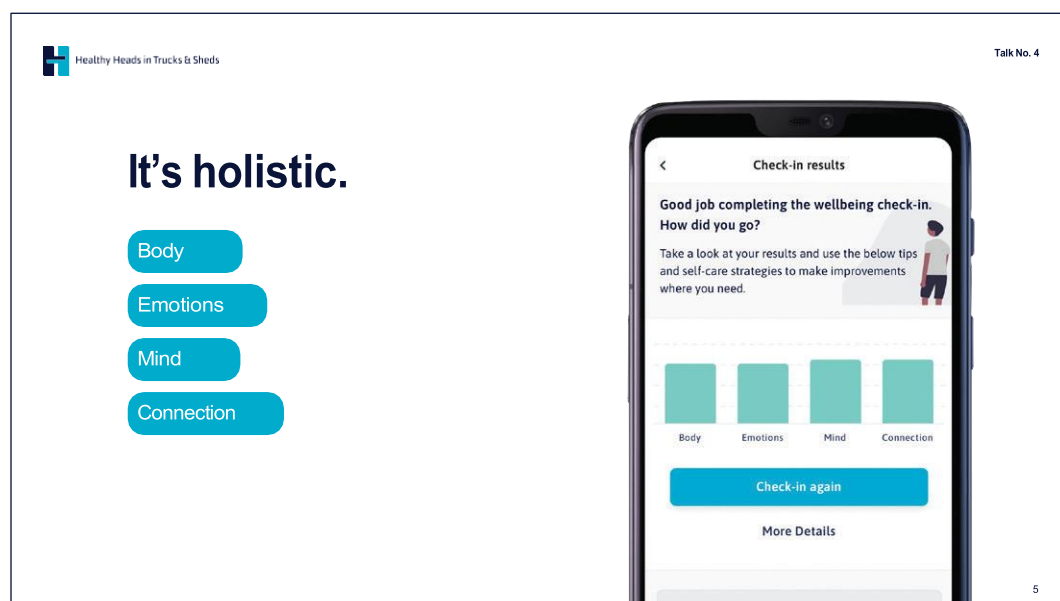
Action note: *Pick out a couple of questions that you can personally talk to.*

Perhaps one that is an easy one to give a positive answer, and one where you may have to be prepared to say you could do better. It's about being honest and open.

On completion of the questions,

it gives you a bar chart summary of how you went.

As you can see this on the slide, this result in this example suggests the participant has some things they could look at under Mind.



Scan here to download the Healthy Heads App

Slide 6 – It's helpful.

Script

Which is where the check-in can be helpful with tips and strategies for all four sections.

Some may seem obvious.

But we humans can never be reminded enough what we should do.

Action note: Give an example from Body such as 'Regular stretching when you are on a break'

Other tips maybe more thought provoking.

Action note: Give an example from Mind such as 'Reflect on two things you are grateful for'. Ask the audience for what they are grateful for and are looking forward to.

The tips are a series of small things to try or think about.

One by itself will only do so much.

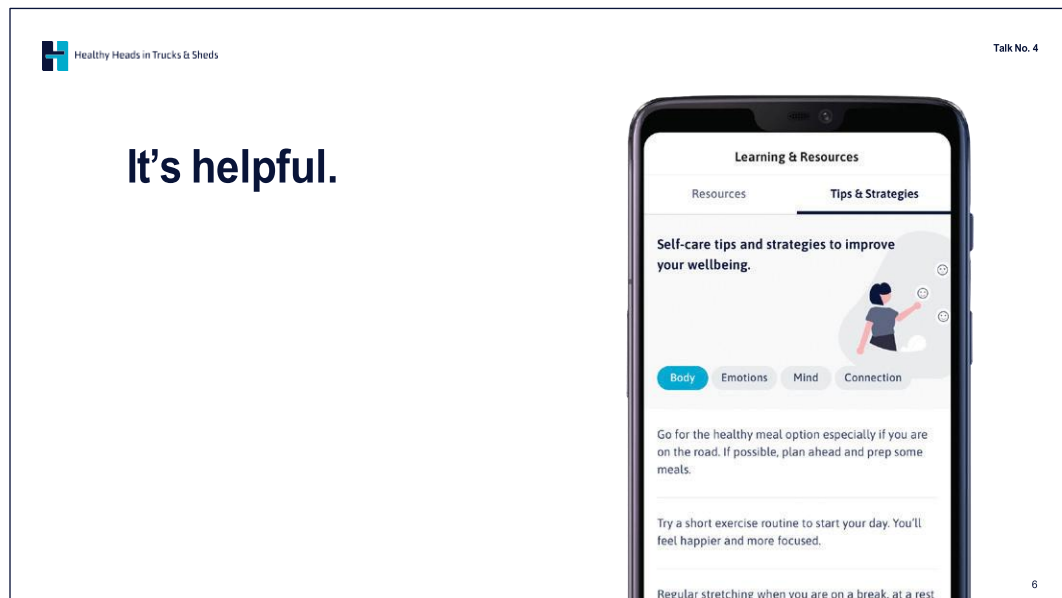
But do a few, and they can add up to a change for the better.

And if your Check-in says you're doing fine, great.

It doesn't make doing it any less useful.

Just completing the Check-in helps us to stop and think about the many things that impact our mental health and wellbeing.

And the more we all understand this stuff, the better we all become.




Scan here to download the Healthy Heads App

Slide 7 – Support online and on hand.

Script

There's heaps more on the website and on the Healthy Heads App. Stuff to read, learn and watch.


Any questions?


Healthy Heads in Trucks & Sheds


Talk No. 4

Support online and on hand.

- Resources and training
- Information on better nutrition
- Recovery after Trauma Guide
- How Ya Travellin'? Podcast



Access our **FREE resources** on the Healthy Heads website www.healthyheads.org.au



Download the **FREE Healthy Heads App**

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