

Healthy Heads Talk No 2.

Head health

This Healthy Heads Talk is about how we should think about our mental health the same way we think about our physical health. Familiarise yourself with the 'Understanding the basics' section in the Workforce Handbook.

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 people to nod and think 'that makes sense'.

Slide 1 – Head health

Script

We all need to think and talk about mental health and wellbeing. This Healthy Heads Talk is about how to think about our mental health in a positive way.




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

Slide 2 – We need to look after our mental health the same way we look after our physical health.

Script

We need to look after our mental health the same way we look after our physical health. You may have heard me talk about this before.

It can be a shift in thinking for some of us, and a good shift. like how we look after our physical health, we do couple of things instinctively. Be aware of how we feel. And seek help when we need.


Healthy Heads in Trucks & Sheds
Talk No. 2

We need to look after our mental health the same way we do our physical health.

- Being aware
- Knowing when to seek help

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Slide 3 – Our physical health.

Script

Our physical health is a variable thing with many shades from fit and healthy to unwell.

Most of the time we're somewhere down the green end. Maybe shifting to middle with a sprain or a bad cold.

But when we get down in the red end, we seek expert medical help.



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Slide 4 – Our mental health.

Script

Our mental health is also a variable thing. We all have up days and down days.

It is ever changing.

Again, most of the time we're somewhere down the green end. Occasionally shifting to middle when stuff happens to us, our family, or life's pressures just get on top of us. A lot of the time, we can cope.

We shift back into the green.

But other times we get down in the red.

That's when just like with physical problems, it's only right we seek help.

What kind of things do you think shift us towards the red end? Action note: *Depending on your group you could get lots of input. And if you get silence, lean into it for a moment. It can be powerful.*



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Slide 5 – Our mental health.

Having good mental health and wellbeing is more than something we have.
It's something we do. And what we need to do is be aware of how we are feeling.
Only when we identify change can we do something about it. It's something we need to tune into.

Here are some behaviours or symptoms that may identify change, in yourself, or someone else.
You'll find this in the Handbook.
It's worth finding time to take a look.
For example...

Action note: *Read out some examples from green to red*

This Handbook is available online for Members.
It's free to join at healthyheads.org.au.

Our mental health.

THRIVING

UNWELL


Optimal mental health	Mental health concern	Mental health condition
<ul style="list-style-type: none"> – Normal or consistent mood – Good sense of humour – Good energy levels – Performing their job well – Normal sleep patterns – Physically fit and well – No or limited alcohol use or gambling – Demonstrates appropriate workplace behaviours 	<ul style="list-style-type: none"> – Irritability and impatience – Forgetfulness – Trouble sleeping – Difficulty managing thoughts and emotions – Muscle tension/headaches – Increased fatigue – Decreased activity/ socialising with co-workers – Regular but reasonable alcohol use/gambling 	<ul style="list-style-type: none"> – Difficulty managing emotions – Worrying – Pervasively sad/hopeless – Negative attitude – Poor performance/ overworking – Poor concentration/ decisions – Restless, disturbed sleep – Increased aches and pains – Increased fatigue – Avoidance and withdrawal – Increase alcohol use/ gambling is hard to control – Emotional outbursts such as aggression – Excessive worrying – Depressed/suicidal thoughts – Can't perform work duties or control behaviour – Sleeping excessively or not at all – Constant physical illness/impairment – Constant fatigue – Not socialising or communicating – Alcohol or gambling addiction



Slide 6 – Support online and on hand.

Script

As ever There's heaps more free information on the Healthy Heads website and App. Stuff to learn and watch and guidance about where to find support.
Any questions?




Healthy Heads in Trucks & Sheds


Talk No. 2

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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