

WELLBEING WIFI

CONNECT

HAVE PURPOSE

TAKE NOTICE

KEEP LEARNING

BE ACTIVE

GIVE



Roses in the Ocean

stemming the tide of suicide

SUPPORT

If you or someone you know is in need of support, please contact one of these services.

National 24/7 crisis support services

Lifeline13 11 14

Suicide Call Back Service1300 659 467

MensLine Australia1300 789 978

Beyond Blue1300 224 636

Open Arms Veterans & Veterans

Families Counselling Service ...1800 011 046

QLife provides anonymous and free LGBTI peer support and referral for people in Australia

National youth support services

Kids Helpline1800 55 1800

Headspace1800 650 890

ReachOut.com

StandBy Support After Suicide Service

is a 24-hour community-based, suicide postvention program for people bereaved by suicide.

If you are worried that someone's life is in danger, call 000 for emergency help, or head to the nearest hospital.



WELLBEING WIFI

Well before co-design was part of her vocabulary, 11-year-old Zali Fisher presented the Wellbeing Wifi to her mother, Bronwen, Founder and CEO of Roses in the Ocean.

‘Mum, I think you could use this for Roses in the Ocean,’ suggested Zali. ‘Everyone knows they want full bars on their Wifi, and we need full bars for our wellbeing too!’

The Wellbeing Wifi was further developed by Roses in the Ocean, based on the Wheel of Wellbeing and endorsed by the Australian Institute for Suicide Research and Prevention (AISRAP).

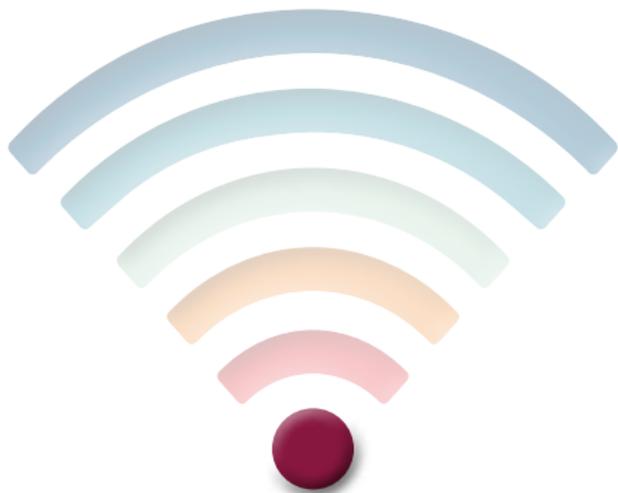
The Wellbeing Wifi is designed to prompt conversation and highlight areas of self-care that you can adopt in order to improve your personal wellbeing.

If you, or someone you know, are in need of crisis care or counselling, please contact your local service providers.

Roses in the Ocean



GIVE



Do you regularly add meaning and value to someone else's life?

When we participate and contribute, we feel included and valued.

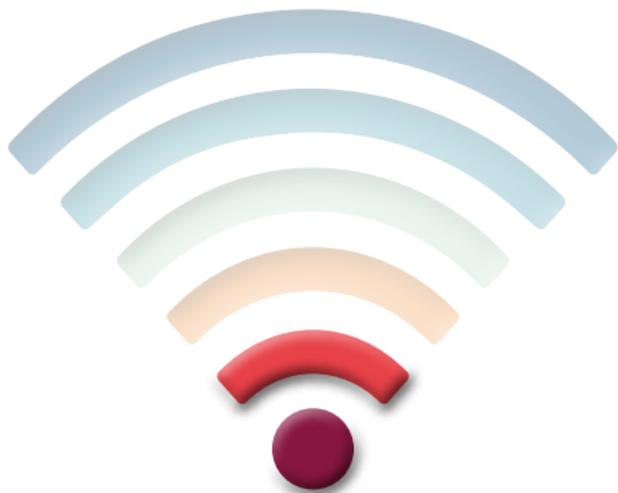
Our brains are wired to experience pleasure when we help others.

Things you can do to contribute

- Practice random acts of kindness.
- Smile. Be kind. Say thank you.
- Teach a friend something they've never done before.
- Get involved in your local community, charity or volunteer organisations.



BE ACTIVE



Are you living an active life and exercising every day?

Your body is the engine that powers your well-being.

Being active, exercising and doing something you enjoy lifts your mood and counters depression and anxiety.

Things you can do to be more active

- Find an exercise you love to do and start today!
- Go for a walk or take the stairs.
- Ask a friend to be active with you.
- Play outside with the dog.
- Make time to have fun!



KEEP LEARNING



Do you look for chances to learn new things?

Life-long learners are some of the healthiest, happiest people around.

Exercising your mind can improve your well-being.

Things you can do to keep learning

- Take up a new hobby
- Learn a new skill
- Ask for new challenges or responsibilities at work
- Expand your horizons
- Read a good book



TAKE NOTICE



Do you take time to experience what is happening around you?

Savouring our surroundings give us, quite literally, more breathing space.

Being self-aware and learning about yourself, helps you tune into your emotions.

Things you can do to be in the moment

- Appreciate the simple things in life.
- Meditate or practice yoga.
- Focus on your breath.
- Take notice of small changes in your mood or in the behaviour of those around you.



HAVE PURPOSE



Do you feel what you're doing in life is valuable and worthwhile?

Setting and achieving goals adds meaning and direction to your life.

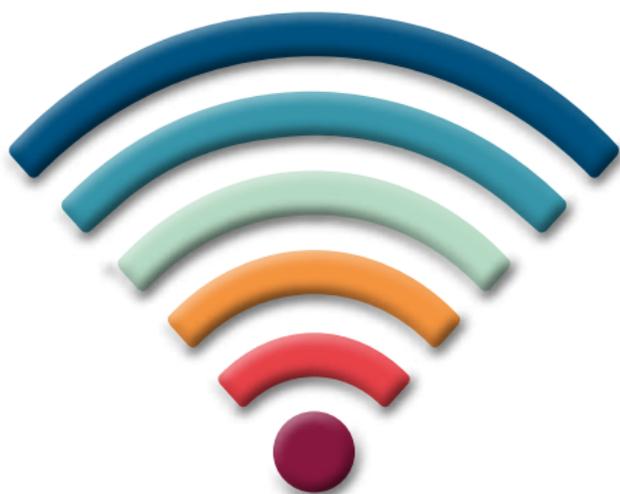
Identifying your values and setting boundaries helps you to play to your strengths.

Things you can do to live with purpose

- Set goals linked to your family, friends and things that matter to you.
- Make something better than it was.
- Do something that energises your heart and soul.
- Talk to someone you trust to offer guidance and feedback on your strengths.
- Find inspiration and follow your passion.



CONNECT

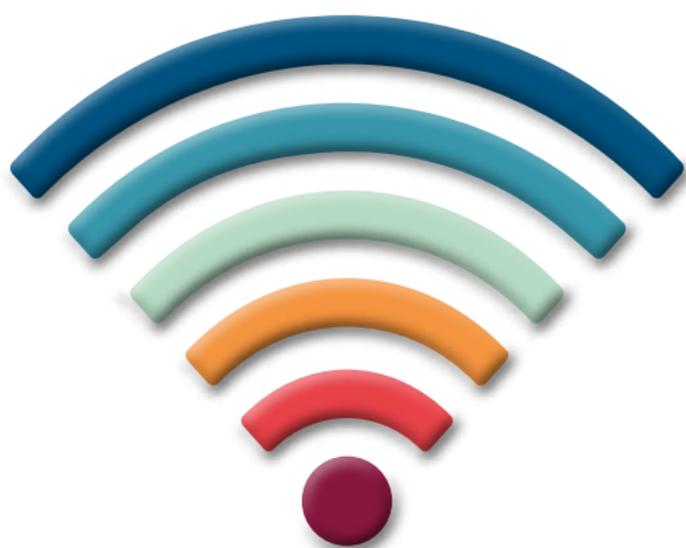


Have you caught up with friends, relatives or colleagues in the past week?

Meaningful and lasting connections are core foundations that support and enrich you every day.

Things you can do to better connect

- Call someone today and catch up.
- Tell someone you're not feeling great.
- Set a goal to connect with someone in your life every week.
- Seek professional help if you find it hard to connect with others.
- Get involved with your community and get out and about.



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