



Wellness – Fitting Your Own Oxygen Mask First

Lunch and Learn Session

"Health is a state of body. Wellness is a state of being"
J. Stanford

Where does your own wellness rate in your list of priorities?

How does a greater level of personal wellness allow you to live a life you love?

Most of us know the concept of putting on our own oxygen mask first before helping others, yet many of us find this difficult to practice in everyday life.

This lunch and learn session provides participants with a deeper understanding of what wellness is, why it's important and asks participants to consider their own barriers to self-care, as well as providing suggestions on how to improve overall wellness.

Session Overview:

- Understand what wellness is and why it's important
- Explore a framework for understanding the dimensions of wellness
- Understand how small changes can make a big difference
- Consider tips on how to increase wellness, also positively impacting resilience
- Start creating a personalised action plan for increasing wellness

Make this lunch and learn a first step in prioritising your own wellness.

