








# Wellness@UQ Blueprint

	Healthy Numbers		Healthy Me		Healthy Team		Healthy Community	
<b>Physical</b> 	10000 steps a day keeps heart disease at bay	Get your serves of 2 fruit & 5 vegetables per day	Create a bedtime routine. Take 30-45 minutes to unwind down before bed each night	Every 60-90 minutes try to get up and move for at least two minutes	Promote the Ergonomic work station self-assessment for good office set-up	Get the team moving with walk and talk meetings	Explore Active Commute options - good for you and the environment	Grow your own vegetables for health, nutrition and sustainability
<b>Mental</b> 	Try 10-20 minutes a day of mindfulness practice. Grab an app like "Smiling Minds" to help you	Drink no more than 10 standard drinks a week to reduce the risk of alcohol related harm	Practise compassion for yourself and others	Take time to rest and recover - set boundaries to look after your wellbeing	Move away from your desk for lunch each day - invite your colleagues to join you	Promote EAP services for counselling and coaching support	Arrange a donation drive to help those less fortunate - giving is good for our mental health	Attend Mental Health First Aid training and become a Mental Health Champion
<b>Social</b> 	Give someone a genuine compliment every day	Each day take 5 minutes to help someone in your network	Join a regular team sport or activity	Plan out in advance and block out time to spend quality time with loved ones	Join an activity challenge - sign up for the annual push up or steps challenge through UQ Wellness	Organise a regular team lunch or social event	Meet your neighbours or organise a catch up if you know your neighbours	Volunteer your time for your favourite cause
<b>Financial</b> 	3 hours of financial counselling is available to UQ Staff through the EAP	Set up a direct debit from your fortnightly pay into a separate savings account	Access financial counselling services to understand your financial position	Make a budget and stick to it. Use a budget template or spreadsheet to keep track.	Promote UniSuper resources locally for staff to access	Build financial literacy through promotion of services and supports available to UQ staff	Financial Literacy and resilience services are offered by the QLD government to help those in need	Help stamp out financial abuse - 1800RESPECT Financial Abuse Support Toolkit
<b>Occupational</b> 	Keep it simple-have no than 3 things on your to-do list	Focus on 1 positive thing you like about your work or career	Each week set learning goals to build your competence and feed your curiosity	Write down all your goals and circle the 3 you really want and prioritise them	Create coffee dates with colleagues and learn about what they do	Harness an environment of psychological safety in the workplace	Look for opportunities to mentor others	Join a professional network and engage with people who have similar professional interests
<b>Spiritual</b> 	Write down 3 things you are grateful for everyday	Each day take 5 minutes to journal about what's happened and why it matters to you	Take time to review or reconnect with your personal values	Find a spiritual practice that lets you feel connected to something bigger than yourself	Find ways to lift up other people and support them	Value civility - be respectful and courteous in your interactions with others	Maintain your contact with community and look for ways to contribute	Make time each day to reconnect with the larger world
<b>Environmental</b> 	120 minutes a week in nature is associated with good health and wellbeing	Turn down the volume- excessive noise can increase our stress levels	Shut down the computer and get into natural environments as often as possible	Create a healthy, happy living space - declutter and spring clean your home regularly	Become a Green Office Champion with UQ Sustainability	Introduce green spaces in your office environment	Implement sustainable practices around your home	Donate quality goods from your decluttering to your favourite charity