

I acknowledge the Traditional Owners of Country throughout Australia and recognise the continuing connection to lands, waters and communities. I pay my respect to Aboriginal and Torres Strait Islander cultures; to Elders past and present and I have deep appreciation for the cultural authority of First Peoples.

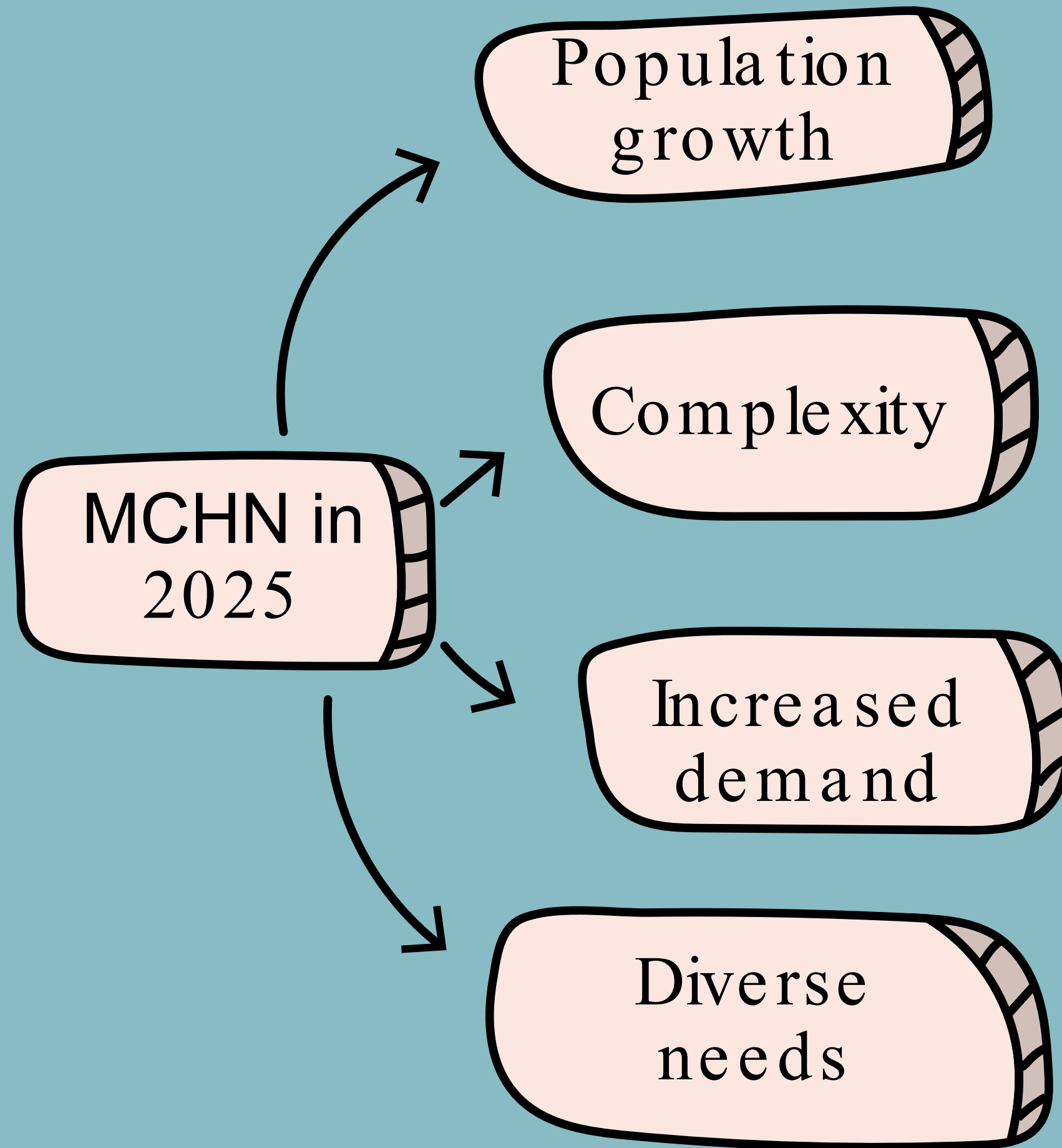


Rise & Thrive: Cultivating Nurse Well -Being

Nurse and Midwife Support

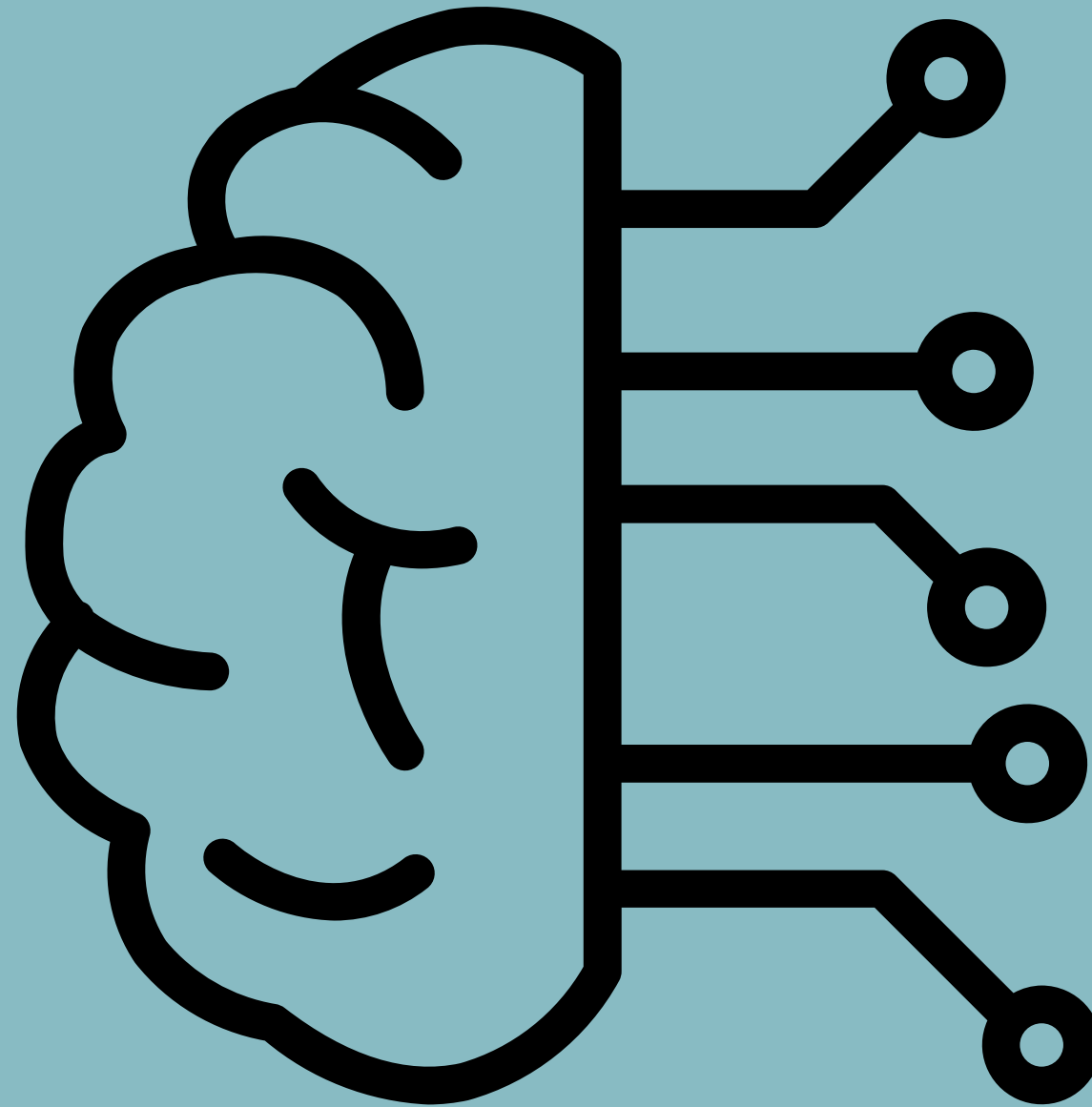
- Immediate health and wellbeing support over the phone or online
- 24/ 7 access that's free, confidential and anonymous
- Available to all nurses, midwives, students and graduates
- Safe space to debrief, offload health and wellbeing challenges and seek support.







The Art of Self compassion

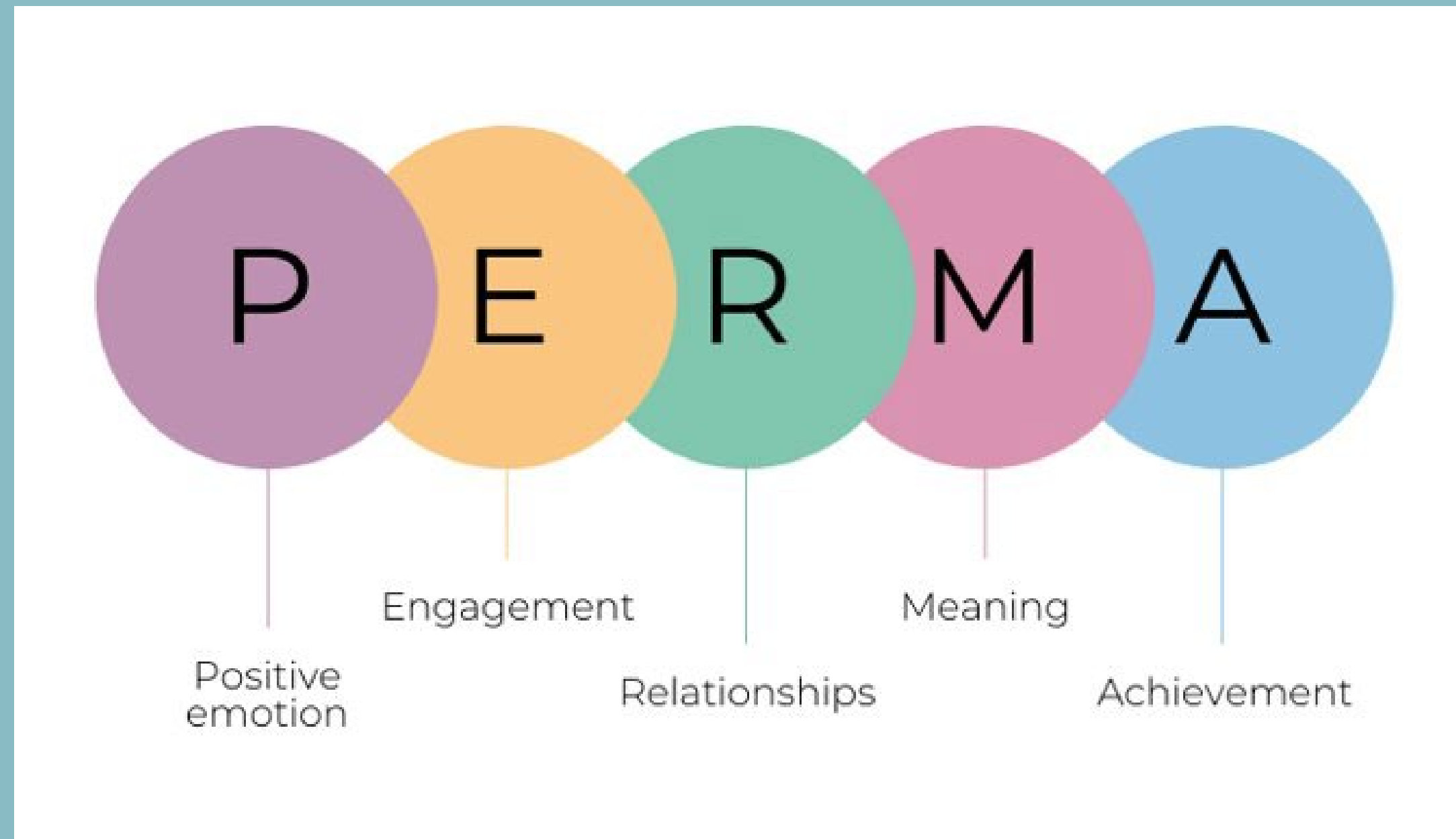


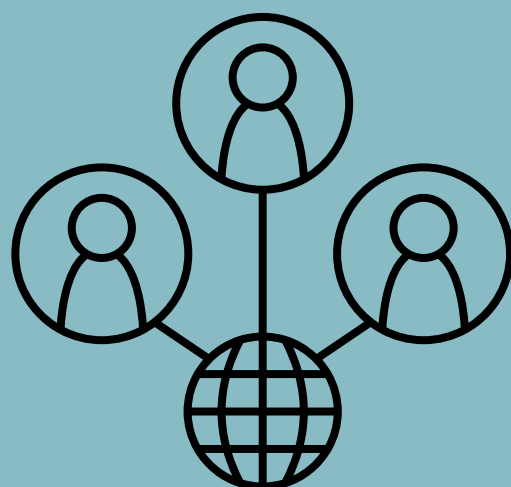
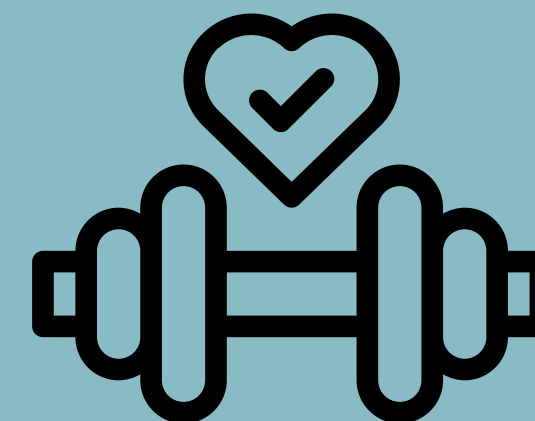
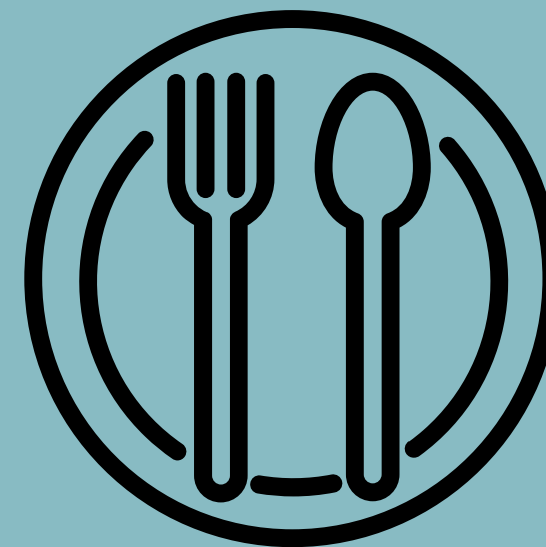
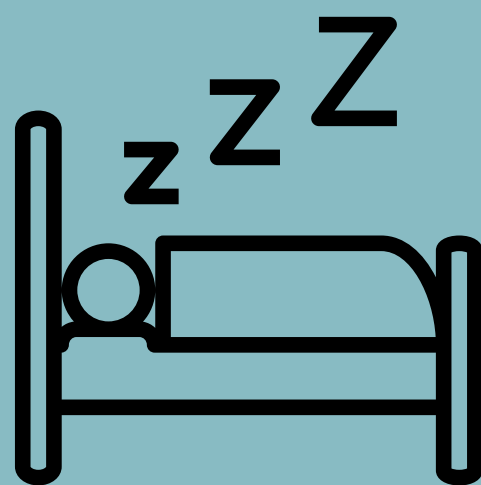
Mindfulness

Self-Kindness

Common Humanity

Well-being encompasses quality of life and the ability of people and societies to contribute to the world with a sense of meaning and purpose. (WHO)

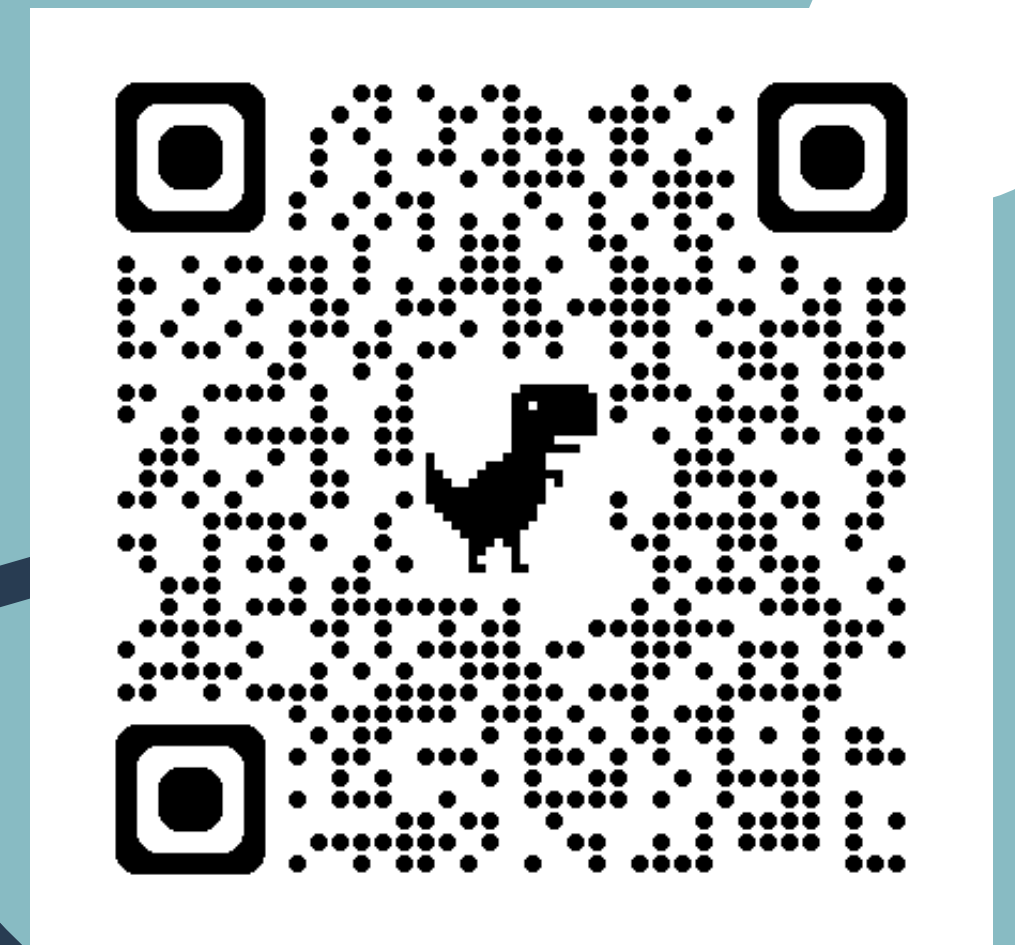




Duty of (self) care

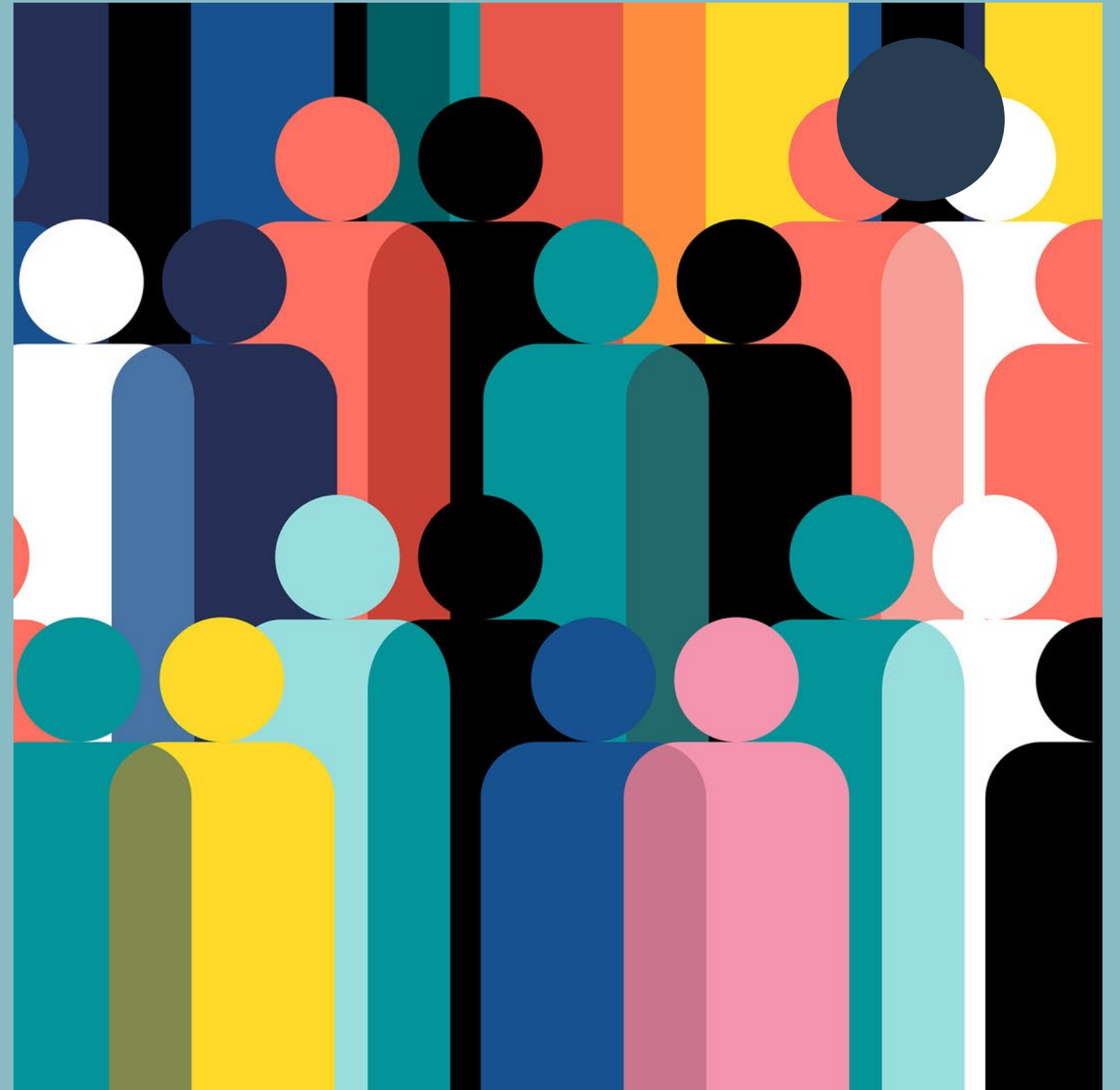
The Code Principle 7:
Health and wellbeing.

Nurses and midwives have a responsibility to maintain their physical and mental health to practice safely and effectively.

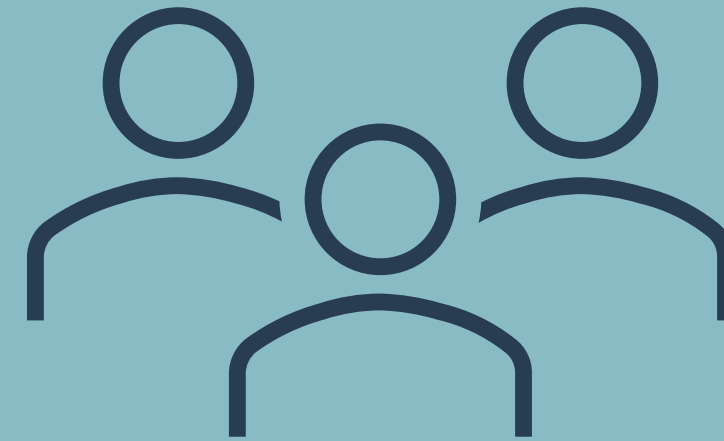


Making sustainable change

- Clinical Supervision
- Collaboration
- Leverage your expertise
- Prioritise wellbeing



What's available for you?





Be Well and Thrive

www.nmsupport.org.au

www.Nursemidwifehpa.org.au

www.life line.org.au