



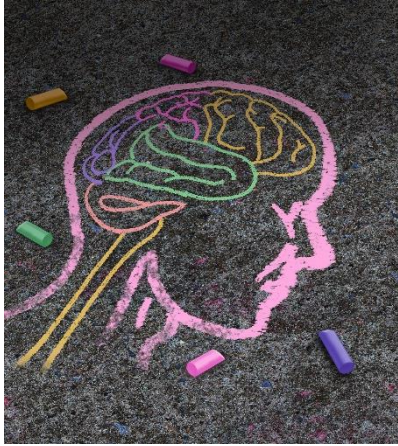
Workforce
Australia

Jobs Showcase



Building Resilience

strategies to help you with some of the challenges you might face
when looking for and starting your next job



**I'm really stressed out
at the moment.
I'm struggling to cope.**



**I have a healthy
amount of stress, and
it keeps me on my
toes.**



**I'm not feeling stressed
at all really.
Things are going great.**



Recognising stress levels



[Stress Bucket - Stress Bucket | Rise 360 \(articulate.com\)](#)

Learning new skills
to handle a tough time



headspace Work and Study

Karen Fletcher- National Clinical Manager

- headspace would like to acknowledge the Aboriginal and Torres Strait Islander peoples as Australia's First People and Traditional Custodians. We value their cultures, identities and continuing connection to Country, waters, in and community
- We pay our respects to Elders past and present and are committed to making a positive contribution to the wellbeing of Aboriginal and Torres Strait Islander young people, by providing inclusive services that are welcoming, safe and culturally appropriate.

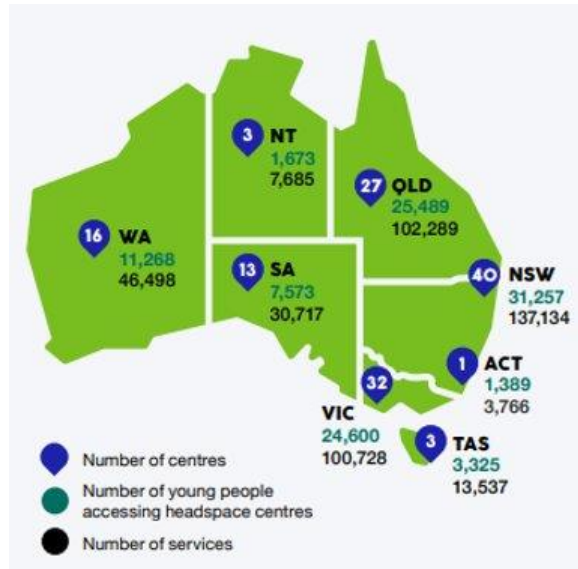


headspace
work & study

headspace



- 150 centres around Australia
- Supporting young people 12-25yrs
- www.headspace.org.au





headspace
work & study



headspace
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Online Support

Centre

Career Mentoring



Talk about Work & Study

From 1-on-1 support with a careers specialist to linking in with industry-specific mentors, our work and study programs provide free, expert and tailored support.

Connect with advisor



Interactive Activity

how to impress in a job interview

Do you want to learn more?



work and study

Join the community to learn some tips and tricks to support you in achieving your work and study related goals. Resumes, cover letters, school, UNL, TAFE, and exams, it's all covered.

Next chat session is **September 1st 2022 @ 6:15pm AEST**

Our next session about work and study.



GernGem??? Participant 4th Aug, 8:09 pm

Studying is so hard to do alongside work

Maddi Moderator the/her/hers 4th Aug, 8:11 pm

Omg I soo feel this!! I would definitely appreciate hearing about how everyone else manages this cause sometimes it can feel like too much



young people share their top tips for: Starting a new job

We asked young people who have recently started new jobs to share their tips on how to get the most out of your first week and create some good work habits.



8 tips to help you prepare for a job interview

So you've applied for a job and have now been invited to interview, well done! Time to nail it...



mental health in the workplace



setting up healthy work and study habits

23 March 2022

Working or studying is developmentally important, especially for young people



Approach

- Early intervention
- Strength based & future focused
- Person centred
- Supportive relationship
- Focus on application of skills
- Motivational interviewing
- Experiential learning
- Belief work or study is achievable despite mental ill health



Outcomes

- Increases connection
- Provides hope
- Reduces stigma
- Provides sense of purpose
- Improves confidence
- Increases resilience
- Builds skills
- Empowers

7 tips for a healthy headspace

pause. reflect. reconnect.

We have included a few ideas of our own to help get you started.

1. Get in to life

- Get outdoors – head to the park with your family or friends.
- Discover a new hobby – you could try juggling, chess, painting, learning a new language. The sky's the limit.



2. Learn skills for tough times

- Try art as a way to express what you are feeling.
- Build a routine – plan your approach to your day.



3. Create connections

- Find someone you trust that you can talk to about your feelings.
- Join a group – online, music, sport – it doesn't matter what as long as you enjoy it.



4. Eat well

- Try a whole meal without any processed foods.
- Get creative and make a nutritious meal with a friend.



5. Stay active

- Add some physical activity to your daily commute or leisure.
- Turn the music up and dance around your room.



6. Get enough sleep

- Use a timer to turn screens before bed.
- Set an alarm and try to get up at the same time each day.



7. Cut back on alcohol and other drugs

- Stay busy with other activities at times you find it hard to stay sober.
- Make plans for early the next day to help keep you on track.



create connections for a healthy headspace

Put time into your relationships to help feel connected and boost your energy.



get in to life to keep your headspace healthy

Achieve small tasks and do things you enjoy to help boost your confidence..

Q&A with Beyond Blue

Dr Grant Blashki
Lead Clinical Adviser
Beyond Blue

13 December 2022



Support



Beyond Blue

24/7 mental health support service

1300 22 4636
beyondblue.org.au

headspace

Online support and counselling to young people aged 12 to 25

1800 650 890 (9am-1am daily)
For webchat, visit: headspace.org.au/eheadspace

Kids Helpline

24/7 crisis support and suicide prevention services for children and young people aged 5 to 25

1800 55 1800
kidshelpline.com.au

1800RESPECT

24/7 support for people impacted by sexual assault, domestic violence and abuse

1800 737 732
1800respect.org.au

Lifeline

24/7 crisis support and suicide prevention services

13 11 14
lifeline.org.au

Suicide Call Back

24/7 crisis support and counselling service for people affected by suicide

1300 659 467
suicidecallbackservice.org.au

Mensline

24/7 counselling service for men

1300 78 99 78
mensline.org.au

QLife

LGBTI peer support and referral

1800 184 527 (6pm-10pm daily)
qlife.org.au (online chat 3pm-12am daily)

If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.





Know your strengths and have confidence in your abilities



Focus on the positives - optimism



Stay connected – social support



Develop problem solving skills



Develop coping strategies to manage stress and anxiety



Know when to ask for help – and get support



IKEA Australia

- <https://www.ikea.com/au>

Work with us

- <https://www.ikea.com/au/en/this-is-ikea/work-with-us/>



Jobs Showcase



Australian Government

Workforce
Australia



See you at our next
webinar!

Jobs Showcase

Next Job Showcase.....

10th January, 2023

Self Employment

Showcases now available on-demand

- Retail
- Contact Centre
- Care and Support
- Hospitality and Tourism

<https://www.dewr.gov.au/jobs-hub/jobs-showcase>

For Further Information and support

At any time, if you have thoughts of self-harm call an ambulance on 000

- [Mental health wellbeing | healthdirect](#)
- [Welcome to Head to Health | Head to Health](#)
- [headspace National Youth Mental Health Foundation](#) – call 1800 650 890
- [SANE Australia](#) – call 1800 18 7263
- [Anxiety, depression and suicide prevention support - Beyond Blue](#) – call 1300 22 4636 or chat online
- [Black Dog Institute | Science. Compassion. Action.](#) – online help
- [Free help, referrals & counselling for men: MensLine Australia](#) call 1300 789 978
- [A Safe Place to Chat Anonymously, Get Support & Feel Better | ReachOut Australia](#)

- [Financial counselling - Moneysmart.gov.au](#)
- [Counselling Online - free drug and alcohol counselling in Australia](#)
- [Healthy lifestyle | healthdirect](#)
- [Getting Enough Sleep - Overview](#)
- [Staying Active - Overview](#)
- [Eating Well - Overview](#)
- [Staying Connected](#)

[Work and study support | headspace](#)
[Resources for employers | headspace](#)
[I'm a young person - In category Mental ill-health \(headspace.org.au\)](#)
[Register for a headspace account](#)

A stack of three brown envelopes is shown, with the top one slightly offset to the right. A light gray circular border frames the scene. The top envelope has a card with the text 'thank you!' printed in a large, bold, black, sans-serif font. Below the main text, the email address 'jobscommunity@dewr.gov.au' is printed in a smaller, black, sans-serif font.

**thank
you!**

jobscommunity@dewr.gov.au