



Healthy Heads in Trucks & Sheds



For more on your wellbeing, scan the QR.



Looking after our wellbeing.

Wellbeing can be defined as being comfortable, healthy and happy. It's a spring in your step, a smile on your face and a life well lived. It's also more than something we have. It's something we do. It's about keeping a few things in balance.



Physical wellbeing

Exercise, eating well, good sleep, hygiene, and hydration, are all important in looking after our physical wellbeing. So too is being safety conscious, for ourselves, and for others. Nobody wants to get hurt or hurt someone else.



Social wellbeing

As social beings, we all want a sense of belonging and respect. Having good connections with those around us, at work, home, and in our community is important. Nothing beats a good laugh with your mates.



Emotional and mental wellbeing

We all have up days and down days. How we feel is made up of many things. Our sense of purpose and achievement. Feeling secure and having things to look forward to. Pastimes and interests that satisfy us. Our spirituality and beliefs. And of course, friends and family we enjoy being with. All contribute to put a smile on our face.



Keeping things in balance

If we get sick or injured, we seek medical help. With a change of where we live or work, we add new friends. We instinctively look after our health and wellbeing. But sometimes we just don't feel ourselves. Something gets out of balance, and we can't explain it. Which can mean we need the helping hand of an expert. Just like when we see a doctor or dentist. It's about being aware. Good wellbeing is about being mindful of how we are feeling physically, socially, emotionally, and mentally. By being mindful, we maintain our balance, look after our wellbeing and get the most out of life.