



NDIS supporting
close to 25,000
people with
disability

Posted on 6 May 2016



Media Release:
Australia is
#NDISready -

**Just because I am not talking
doesn't mean I'm in a bad mood.
Sometimes, I just like
being quiet.**



Self-actualization

morality,
creativity,
spontaneity,
problem solving,
lack of prejudice,
acceptance of facts

Esteem

self-esteem, confidence,
achievement, respect of others,
respect by others

Love/belonging

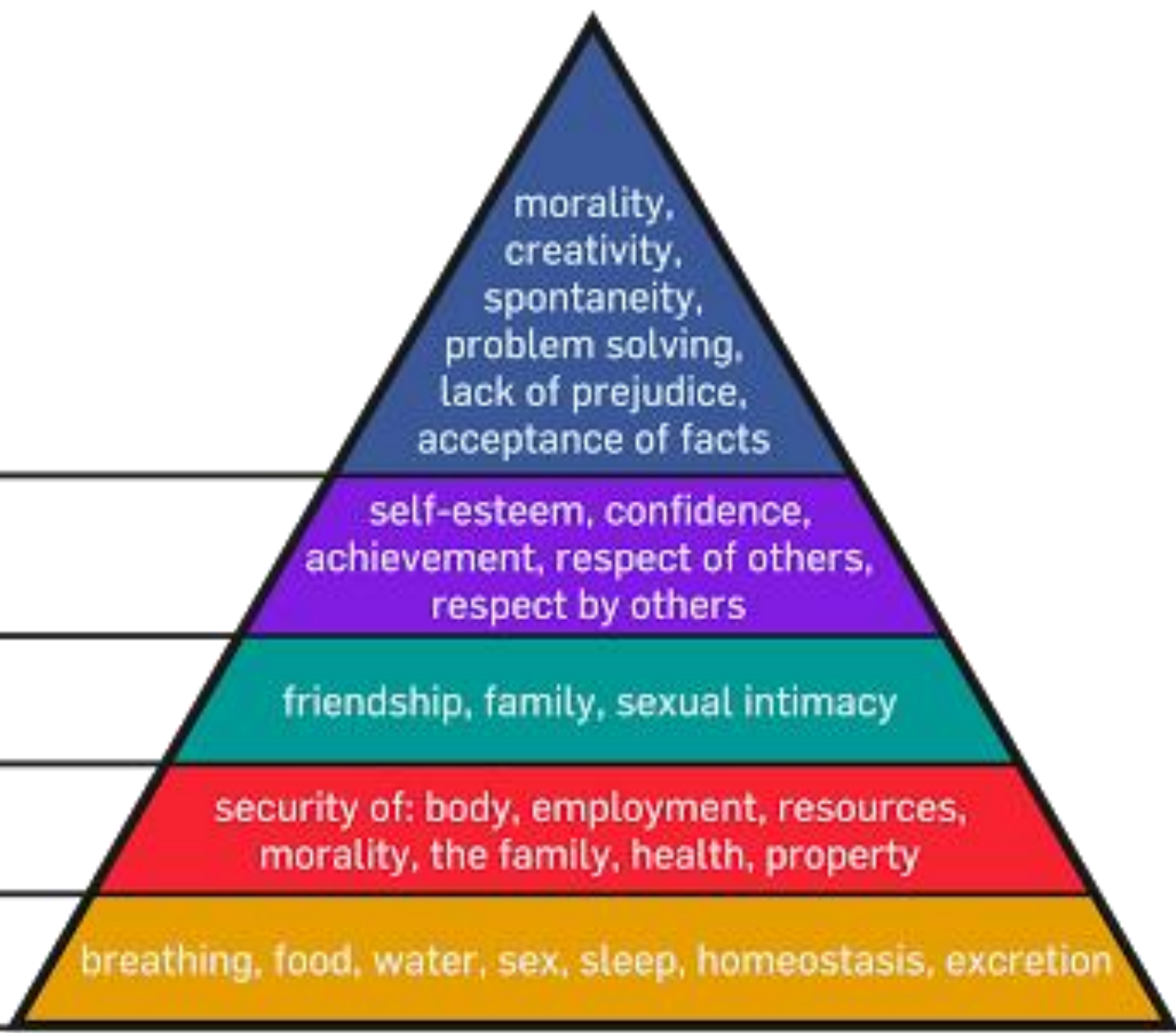
friendship, family, sexual intimacy

Safety

security of: body, employment, resources,
morality, the family, health, property

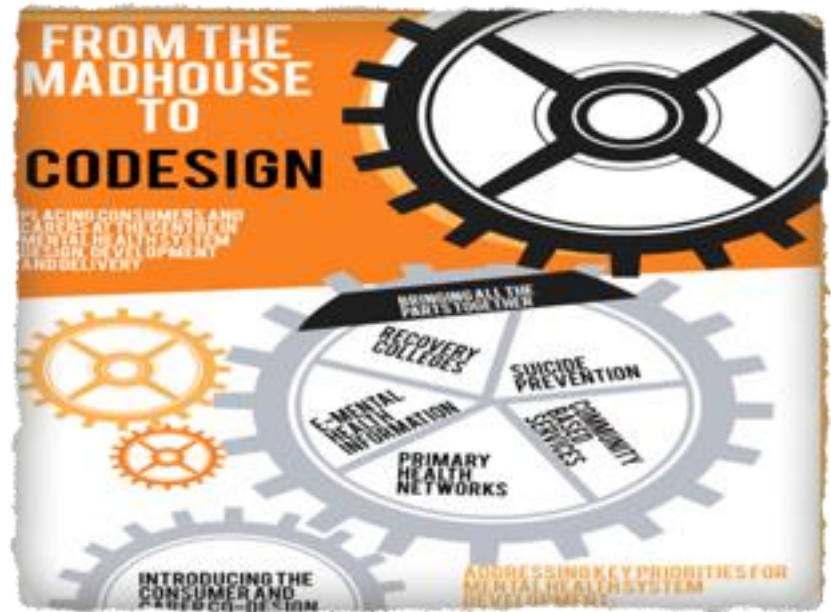
Physiological

breathing, food, water, sex, sleep, homeostasis, excretion



The Next Steps

- ↷ Write up Feedback
- ↷ Face book page
- ↷ eNews Sheet
- ↷ Name for project
- ↷ Survey
- ↷ Report on Forum



Being Human - The Wellbeing & Resilience Thermometer

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Urgent!
Don't go under



Get help!

Warning!
Wellness alert!



Action needed!

Thriving!
Support others



Build on it!

Stop

I often feel anxious, irritable, nervous, teary, tired, steamrollered or plain worn out for no reason or reasons with no control. I struggle to concentrate or make decisions. I am relying on caffeine, alcohol, drugs, pain killers or smoking too much. My health is deteriorating and I see no way out.

Think

I am having ... difficulty sleeping, diarrhoea, constipation tense neck, shoulder, jaw, frequent headaches pounding heart, heartburn, wind, bloating or indigestion a cold or bug that lingers outbursts, loss of patience, no time for me people saying I am working too hard I am slipping into using drugs, gambling, alcohol or smoking to get through the week

Go

I feel great, alive, full of life. I am on top of life's challenges and pressures. I have good systems in place to pace myself. My life is pretty balanced through a daily exercise program, eating healthily, weight under control, not smoking and having a few drinks on the weekend only.



TEAM MARBLE CHALLENGE

HAVING FUN
IN THE SUN

To find out more visit:
www.cosnp.info