

Wellbeing Toolkit

Though certain elements of the program may resonate more with one participant over others, no one element of the program is greater than the whole.

At the heart of the program sit three important instruments:

- The Optimal Health Wheel,
- the “I Can Do Model”;
- and the Health Plans.

The Optimal Health Wheel is a validated self-rated wellbeing measurement tool.

The I Can Do Model defines the actual, as well as potential resources, one can draw upon to manage any adversity in life to maintain desired levels of wellbeing.

While the Health Plans ensure personal autonomy is maintained at all times, including during episodes of illness.

Every participant receives their own OHPWW workbook so that they have their own complete wellbeing toolkit to take charge of their wellbeing for themselves.

Optimal Health Wheel

I-Can-Do Model

Health Plans

OHPWW Experience

During the Optimal Health Program Workplace Wellbeing participants will:

- ❖ Reflect on their own wellbeing
- ❖ Identify their strengths and strategies to better manage wellbeing in the workplace
- ❖ Learn to recognize early warning signs of stress and the importance of early intervention
- ❖ Develop health plans which include strategies to manage and maintain wellbeing
- ❖ Identify value directions to inform decision making around managing change and setting goals
- ❖ Take time to acknowledge and celebrate achievements at each step

To register your interest in participating in OHP Workplace Wellbeing please contact your local accredited OHP provider:

Tim Carr

E: tim.carr@marathonhealth.com.au

T: 02 6826 5200



**All other inquiries: Optimal Health
admin@optimalhealth.org.au
www.optimalhealth.org.au**

Workplace Wellbeing

Improving and maintaining your wellbeing



Optimal Health Program

OHP Workplace Wellbeing Overview

The Optimal Health Program Workplace Wellbeing (OHPWW) is a collaborative holistic approach to managing symptoms to produce designated levels of wellbeing determined by the participant.

It draws upon many evidence-based practices that sit within collaborative therapy, positive psychology and wellbeing theory. It also draws upon outcome informed evidence where the participant takes ownership for their own wellbeing processes, planning and interventions.

The OHPWW framework is also consistent with the national standards for recovery-oriented practice for mental health practitioners and services. Yet it is flexible enough to contextualize it to meet the needs of the individual participant or that of specific groups.

OHPWW is facilitated over eight sessions, with between session coaching catch ups to meet participants' needs. The session facilitation can be done in small groups or individually.

OHPWW has also been mapped against trauma informed principles ensuring it meets the requirements for trauma competence.

The tools within the program ensure that participants continually build capacity to take control of managing their own wellbeing.



OHP Workplace Wellbeing details

The program is suitable for building and maintaining a culture of wellbeing in the workplace to create a community of holistic wellbeing. It is also suitable for people preparing to return to the workforce.

Improving workplace wellbeing is an investment in human potential. It is also a remedy to the increasing issues of reported stress, low mood, absenteeism and presenteeism.

The program is generic enough to be contextualize for anyone who is experiencing chronic disease, disability, isolation, vulnerability and trauma.

OHP Workplace Wellbeing is also suitable for anyone experiencing mental health challenges, including stress and anxiety. The program can be used alongside traditional clinical interventions or as a standalone approach.

One of the great benefits of this program is when it is used as a prevention tool to mitigate the impacts of potential crisis rather than a postvention tool like EAP. Preventative health has proven to be a more sustainable approach with greater benefits for all concerned.

The OHP Sessions

- 1 What is Health?**
Exploring my wellbeing
 - 2 I-Can-Do Model Part 1 Health Plan 1**
Using strengths to manage vulnerabilities: activating resilience and self-regulation
 - 3 I-Can-Do Model Part 2 Health Plan 2**
Activating strategies to manage stressors: understanding and monitoring impact of stress
 - 4 Physical Health**
Nutrition, Exercise, Metabolic Monitoring and Managing Treatments
 - 5 Collaborative Partners & Strategies Health Plan 3**
Seeking support from key partnerships
 - 6 Change Enhancement**
Defining behavioural change to improve wellbeing
 - 7 Visioning and Goal Setting**
Creative problem solving and implementing change
 - 8 Building Health Plans**
Complete Health Plans 1, 2 & 3: maintaining wellbeing
- Post Program Booster Session**
Maintaining the wellbeing journey