



Australian Government



TAX
PRACTITIONERS
BOARD

Boost your mental wellbeing

Presented by Mel Novak, Linda Sheahan and Tim Hoopmann

What we will cover today

- ✓ Available support
- ✓ 2022 trends
- ✓ Current state of mental health in Australia
- ✓ Action areas
- ✓ Building wellbeing
- ✓ Self-care toolkit examples
- ✓ Checking in and building protections
- ✓ Small business statistics

Access the presentation slides : tpb.gov.au/webinar-hub

Available concessions until 30 June 2022



We're temporarily accepting a small amount of educative health and wellbeing activities as relevant activities that will count towards your CPE hours for TPB purposes.



We've removed the 25% cap for relevant technical/professional reading activity in our CPE policy. You must first explore and undertake CPE offerings and keep a logbook detailing all the activities undertaken.

Note: You must meet your other obligations around professional indemnity insurance, fit and proper requirements and personal tax obligations. Contact us if your ability to meet your obligations is affected.

Meet your presenters



Mel Novak

Small Business
Engagement Manager,
Beyond Blue



Linda Sheahan

Wellness and Prevention
Engagement Manager,
Beyond Blue



Tim Hoopmann

Small Business Adviser,
Beyond Blue

Part 1

Supports



Call or visit the Coronavirus Mental Wellbeing Support Service

Proudly supporting
Beyond Blue

☎ 1800 512 348
🖱 coronavirus.beyondblue.org.au



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/ehespace

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.



Trends in 2022

COVID fatigue

Borders opening, restrictions easing, managing outbreaks

Rising costs

Preparing for interest rate rises, petrol costs, inflation, financial distress

Impact to work

Adjusting to hybrid, low wage growth, “great resignation”, insecure work, small business

Community challenges

Floods, fire, drought, economic and social impacts

In 2020-21, Beyond Blue saw...

18.5 million

website
page views

318,901

support
service
contacts

965,254

visits to
peer
forums

30,116

Beyond Now
suicide safety
plan
downloads

Current state of mental health in Australia

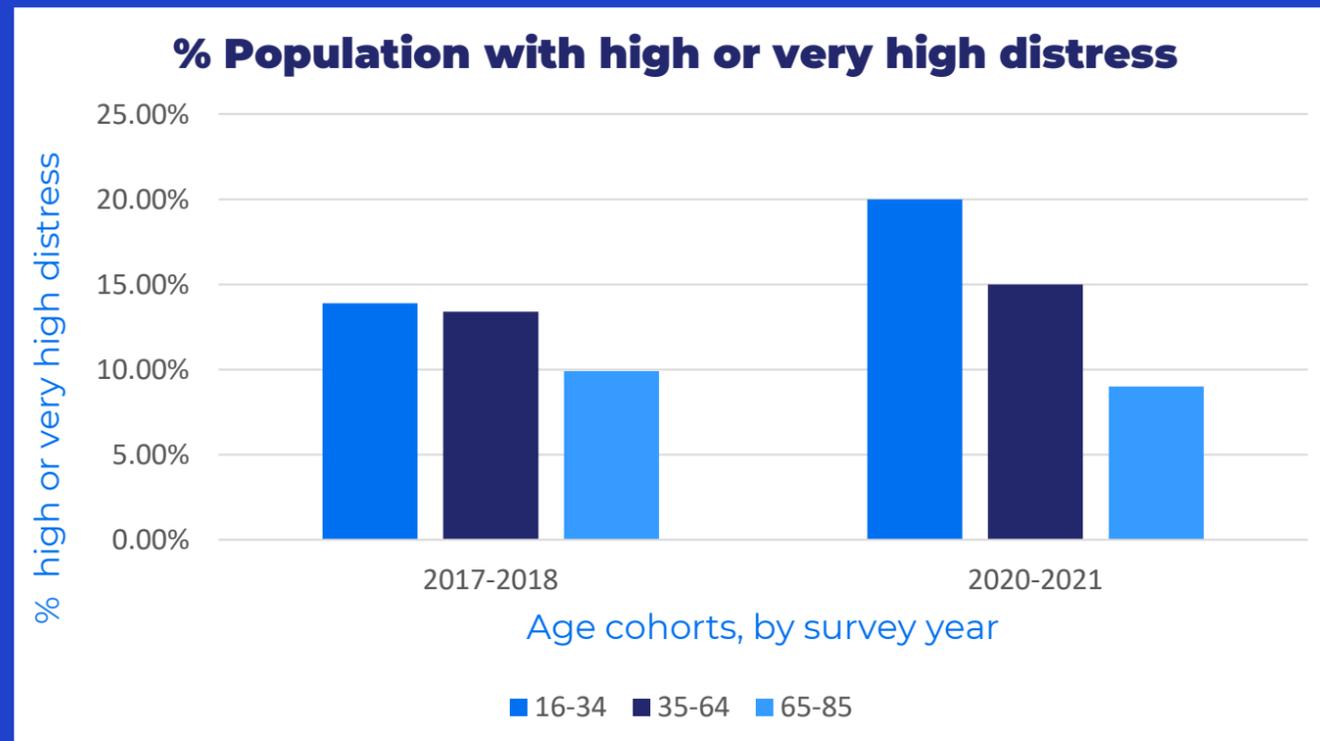
In 2020-21,

15% of Australians aged 16-85 years experienced **high or very high** levels of psychological distress

15% of 16-85 year olds reported feeling **lonely**



16% of households reported at least one **financial stressor**



Source: ABS data

3.4 million Australians saw a **health professional** for their mental health

Over 600,000 accessed **phone or digital** mental health support

61% took actions to help their **mental health:**

37% increased **exercise** or physical activity



29% practiced **thinking positively**



28% did more things they **enjoy**

Action areas

Respond

Availability of supports

Identifying, offering, managing support

Protect

Identifying and managing risks and hazards

Building protections

Promote

Building good health

Building positive work practices



Promotion and prevention



There is opportunity to improve public understanding around mental health prevention.



People in Australia want to know **how to start** and **how to continue** promoting their mental health, **tailored to their situation**.

What builds wellbeing?

Positive emotional skills

Reflection, acknowledgment, gratitude, mindset, emotional flexibility

Eudemonic (Purpose)

Autonomy, agency, Influence, mastery, accomplishment, learning

Hedonic (Pleasure)

Stimulating, arousal, novelty, experience

Relationships

Connection, belonging, and shared experiences

Help and support

Having a support network, giving and receiving help

Health hygiene

Sleep, nutrition, exercise, boundaries, emotional regulation etc



Self-care toolkit examples

Challenge

Strategy

Actions

Re-enforcing

Giving us



Checking in and building protections

Anxiety and depression checklist (K10)

This simple checklist asks you to reflect on your feelings over the past four weeks.

Together, these ten questions measure how distressed you've been recently, by signs of depression and anxiety.

It is a measure of distress commonly used by Australian GPs and mental health professionals to determine what level of support you may require.

After completing this checklist, you can print your score for your records or to give to your GP.

In the past 4 weeks...	None of the time	A little of the time	Some of the time	Most of the time	All of the time
About how often did you feel tired out for no good reason?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
About how often did you feel nervous?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
About how often did you feel so nervous that nothing could calm you down?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
About how often did you feel hopeless?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
About how often did you feel restless or fidgety?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
About how often did you feel so restless you could not sit still?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
About how often did you feel depressed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
About how often did you feel that everything was an effort?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
About how often did you feel so sad that nothing could cheer you up?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
About how often did you feel worthless?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Depression and anxiety checklist
Beyondblue.org.au

Stay well plan

Setting goals/building confidence	
My triggers and ideal response	
Things I like to do to keep myself well	
Things that I must do to keep myself well	
Things I notice about myself when I am becoming unwell	
Things others notice about me when I am becoming unwell	

Stay Well Plan
Beyondblue.org.au

My personal wellbeing plan

Heads up Better mental health in the workplace Beyond Blue

Step	Description	List	Plan
One	My reasons for being at work	Remind yourself why you work in your current job. If you're going to do a good job, it's important to look after your mental health and wellbeing.	List as many of your personal reasons for being at work as you can below. Examples: • For career development • To put food on the table and pay the bills • Because the organisation aligns with my personal values
Two	My triggers	Its likely certain things raise your stress levels and make distressing or challenging situations more difficult to manage. If you know what your triggers are, then you can anticipate them and put strategies in place to manage them effectively.	List as many things that could cause you stress below. Examples: • Not asking for support when I need it • Not taking enough breaks • Hunger
Three	My warning signs	Warning signs are changes in thoughts, moods or behaviours that suggest you may be experiencing stress or burnout.	List as many of your own personal warning signs as you can below. Examples: • Struggling to keep up with usual workload

This year, I will focus on:

- Taking time out for myself and not feeling guilty for it.
- Doing one small act of kindness for a stranger or loved one every week.
- Nourish my body: go to the dentist, visit the GP for regular health check-ups and incorporate more fruits and vegetables into my diet.

Personal wellbeing plan
Headsup.org.au

Why small business?

97%
of businesses are
sole operators and
small businesses

2.3 million
businesses

1/2

Almost half
the Australian
workforce
work in a
small business

Small business
employs approximately
4.7 million
people¹



Sole
operator
62%

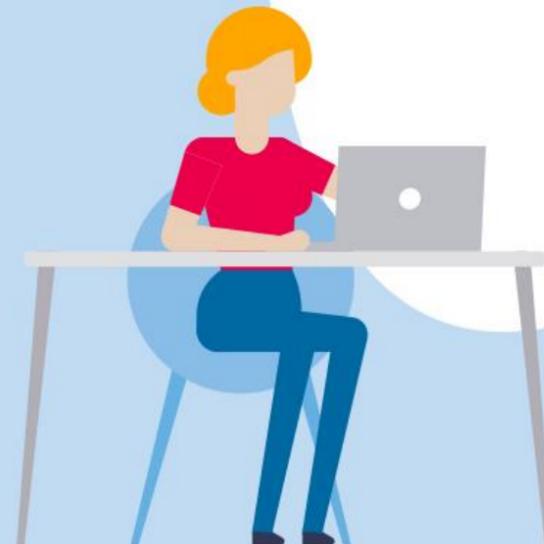


Micro
27%



Small
8%

Issues



23%
of micro business
owners reported
a high level of
psychological distress

25%
of small business
owners reported
a high level of
psychological distress

36%
of sole operators
reported a higher level
of psychological distress



Health-related productivity losses in small business are high, with people often absent from work due to ill-health and/or working despite a health-related problem²

Sole operators face **unique stressors** - particularly in their first year of business - that can affect their mental health, including:



long
working
hours



social
isolation



customer
demands



cash flow
issues



work/life
balance



job insecurity



lack of
administrative
support

Part 2

 **Seek**
support
IT'S OK TO NOT FEEL OK

#InThisTogether



 **Stay**
connected
GET CREATIVE IN THE
WAYS YOU CONNECT

#InThisTogether



 **Talk**
DON'T JUST type

#InThisTogether



 **Get**
sweaty
EXERCISE IS GREAT FOR
YOUR MENTAL HEALTH

#InThisTogether



Financial
 stress is
real TALK ABOUT IT

#InThisTogether



Who ARE YOU GOING TO
check-in
with?

#InThisTogether



Routine
 helps
CREATE A NEW DAILY ROUTINE

#InThisTogether



 **Play**
YOUR part

#InThisTogether



 **Take**
a break

#InThisTogether



Part 3



Questions

Stay in touch



tpb.gov.au



tpb.gov.au/contact



1300 362 829
(Mon-Fri 9am-5pm AEST)



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