

The Wellbeing Toolbox



Australian Government
Department of Veterans' Affairs



Australian Centre for
Posttraumatic Mental Health

www.wellbeingtoolbox.net.au

Introduction

- Background
- Purpose of the Wellbeing toolbox
- Examples of screens/functionality
- Links to *touchbase*
 - *Background*
 - *Benefits*
 - *Features*



The Wellbeing Toolbox

- Lifecycle Package project
- For 'hard to engage' veterans
- For all transitioning and former ADF members
- Online mental health self-help resource
- Year trial from late February 2011



The *Wellbeing Toolbox* – purpose and functions

- Content by Australian Centre for Posttraumatic Mental Health
- Based on '*Skills for Psychological Recovery*'
- For prevention and early intervention
- Highly interactive
- Self-assessment
- Self-management plan



The *Wellbeing Toolbox*

- the module topics

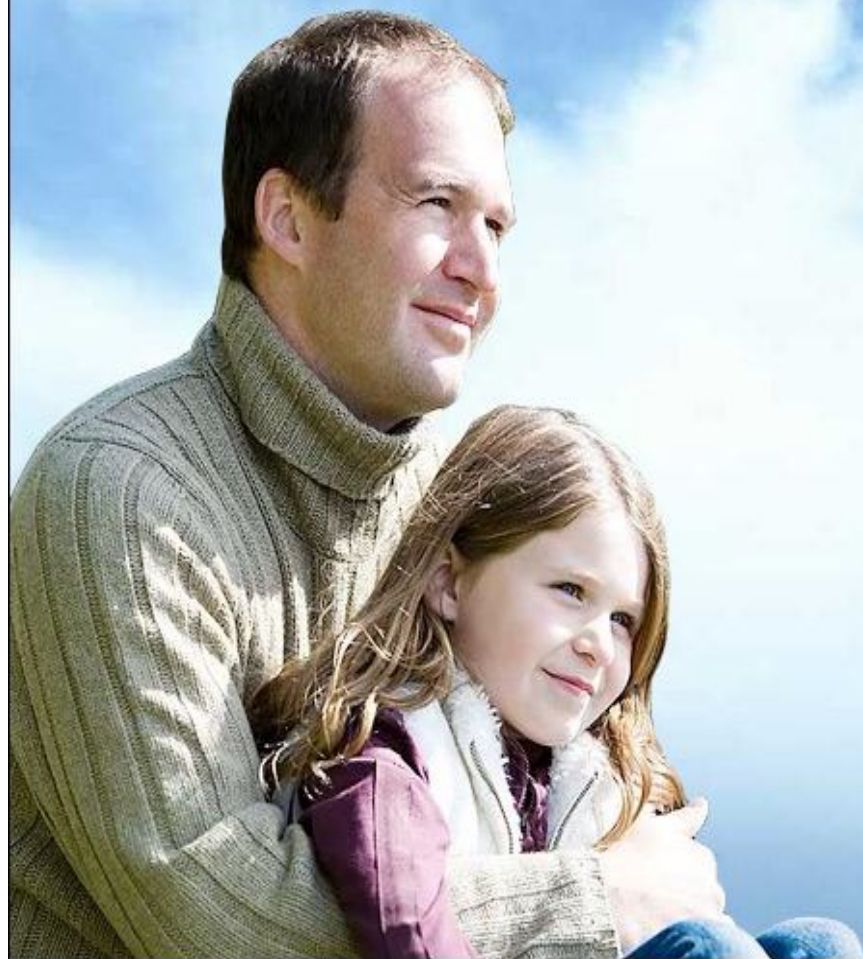
- Solving Problems
- Building Support
- Helpful Thinking
- Getting Active
- Keeping Calm
- Sleeping Better



The Wellbeing Toolbox

A resource for veterans and former serving members and their families

Please select one of the topics on the right to learn more.



Solving Problems



Building Support



Helpful Thinking



Getting Active



Keeping Calm



Sleeping Better

Use the **Self-Management Plan** to access your Interactive Worksheets ▶



Not sure where to start? Click the **Star** for assistance ▶



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
1. About how often did you feel tired out for no good reason?	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. About how often did you feel nervous?	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. About how often did you feel so nervous that nothing could calm you down?	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. About how often did you feel hopeless?	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. About how often did you feel restless or fidgety?	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. About how often did you feel so restless you could not sit still?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
7. About how often did you feel depressed?	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. About how often did you feel that everything is an effort?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
9. About how often did you feel so sad that nothing could cheer you up?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
10. About how often did you feel worthless?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>

Submit**Questionnaire Result**

Your score of 31 suggests your psychological well being is not good at the moment and you are experiencing high levels of distress. We encourage you to use the information and techniques found here, and to do the questionnaire again in about a month from now to keep track of your progress. We also strongly recommend that you see a doctor or a health professional – your local GP is a good place to start. He/she can recommend someone who will be able to provide additional assistance for you.

Solving Problems

Overview

Interactive Worksheet

Support

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Applying a 5-step process to solving problems

Think of a problem that you have experienced or are currently experiencing. We are going to apply a 5 step process to solving this problem. **Do the steps below look familiar?** You may have used them to meet difficult challenges in your work. They are just as effective for problems we face in our lives.

Roll over the steps below to learn more.



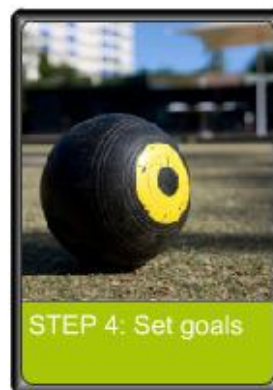
STEP 1: Define the Problem



STEP 2: Brainstorm possible strategies



STEP 3: Choose the best strategies



STEP 4: Set goals



STEP 5: Review Progress



*Please click **NEXT** to continue.*

Topics

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Solving Problems

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Interactive Worksheet

1. Specific problem

Select a specific problem you wish to solve. Click **Add Problem** to start a new worksheet.

Add Problem

2. Brainstormed possible strategies

What are your strategies for solving the selected problem. Click **Add Strategy** to add a new strategy.

Add Strategy**Edit Strategy****Remove Strategy**

3. My chosen strategies

Click the **[+]** or **[-]** buttons above to add or remove Strategies you wish to try over the coming weeks.

Edit Strategy

Review

Review date: *Previous review dates:***"I have solved my problem"***Strongly disagree**Strongly agree*

1 2 3 4 5

If you have not solved your problem,
what were the major obstacles?

*If you are consistently struggling to solve
your problems, please consider seeking
some help. Click the **Support** tab for more*

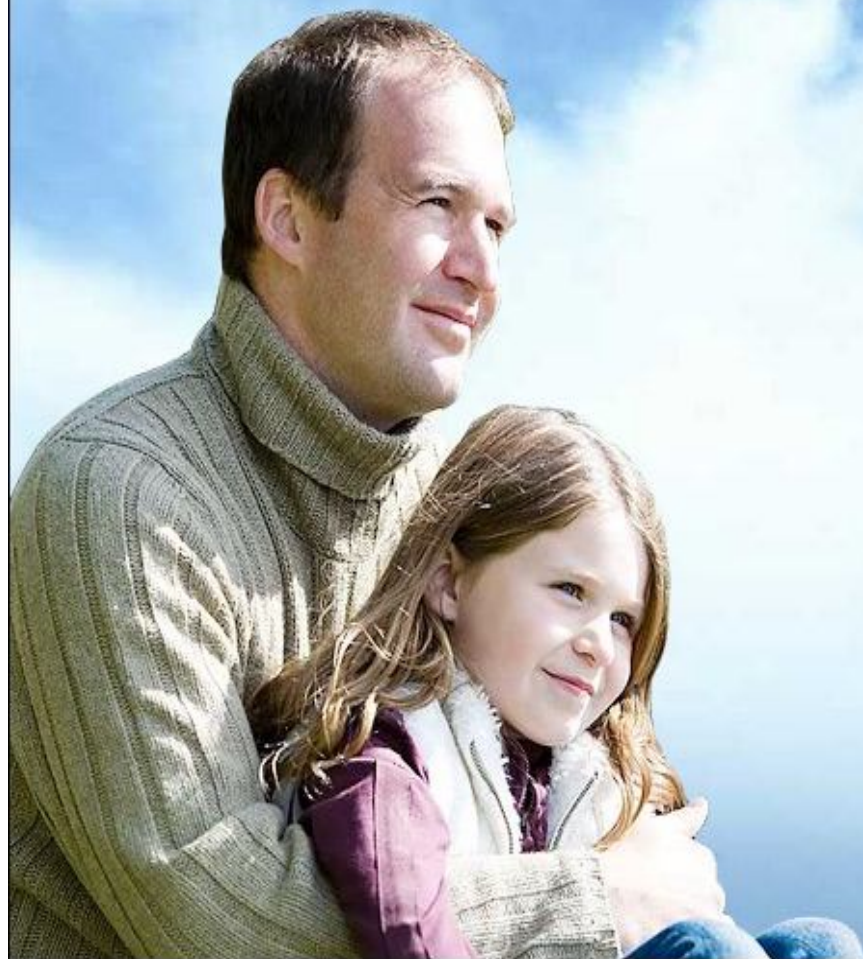
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Solving Problems



Building Support



Helpful Thinking



Getting Active



Keeping Calm



Sleeping Better

Use the **Self-Management Plan** to access your Interactive Worksheets ▶



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Building Support

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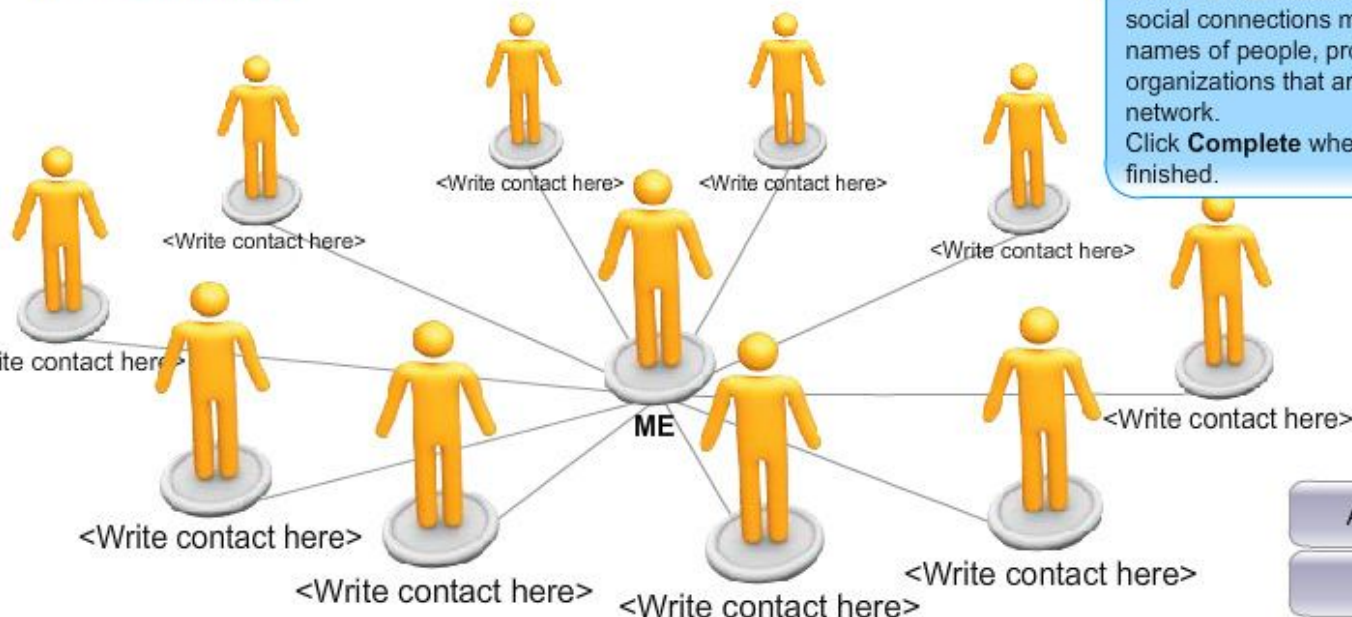
[Print page](#) [A+](#) | [A-](#)**STEP 1:** Develop your Social Connections Map

Step 1: Develop your Social Connections Map

Who is currently in your support network? These will be people you can easily contact, even if they do not live close by. You may be able to access loved ones and friends through telephone, email, Internet networks, and instant messaging. *Here is an exercise you can do in **preparation** for using the worksheet. Identify your important social connections by using the tool below. You can click **Print** if you wish to retain your map in hardcopy.*

Click **Add Contact** to expand your social connections map. Write in the names of people, professionals, or organizations that are part of your network. Click **Complete** when you are finished.

Download and print the [Social Connections Map](#) if you would prefer to enter your responses on hardcopy.



Add Contact

Print

*Please click **NEXT** to continue.*

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Helpful Thinking

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Why is helpful thinking so important?

The way you think shapes how you feel about your life and yourself. helpful thinking will impact on your mood and influence your decisions and behaviour.

You can't always influence what happens to you, but **you can influence your thoughts** so that you feel less overwhelmed and more hopeful.

Unhelpful thoughts such as '**absolutely nothing is going well**', and '**things will never get any better**' are likely to leave you feeling uptight, unhappy or even hopeless. Negative thinking can also put stress on relationships and make it hard for loved ones too.

*Identify the Negative and Helpful thoughts in the interactive game right. Click on **Negative** or **Helpful** to identify the type of thought.*



Helpful



Negative

*Please click **NEXT** to continue.*

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Getting Active

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[Print page](#) [A+](#) [A-](#)**STEP 1:** Identify positive activities

Below are some ideas for activities that you might enjoy. *Here is an exercise you can do in **preparation** for using the worksheet. Take some time and click on some of activities you want to try or write your own activity ideas in the box below. When you are finished, please click **Complete**.*



Positive activities

<Please click here to write your own challenges>

Complete

*Please click **NEXT** to continue.*

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Keeping Calm

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[Print page](#) [A+](#) [A-](#)**STEP 1: Identify**
distressing reactions

Step 1: Identify distressing reactions and their triggers

What was a recent situation that distressed you a lot? Maybe it was distressing because:

- ☐ it prompted distressing memories of a past event
- ☐ it involved dealing with day to day hassles that are very frustrating
- ☐ it involved other challenging situations, like a job interview or having to relocate.

Download and print the [Distressing Reactions Form](#) if you would prefer to write down your responses.

What were the **triggers** within the situation or event that were particularly distressing? Below is an exercise you can do in **preparation** for using the worksheet. *Click on any familiar reactions and then describe their triggers. You can print out each form if you wish.*



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Sleeping Better

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[Print page](#) [A+](#) [A-](#)**STEP 2:** Identify your poor sleep habits

Step 2: Identify your poor sleep habits

From the information collected in your sleep log, identify the reasons for your poor sleep pattern. Enter your reasons into your **Sleeping Better Interactive Worksheet**.

If you would like to see an example, please click the Example icon below.

[Example](#)

Tips

Remember, some of the reasons might include:

- being too active shortly before bedtime (which includes mental stimulation)
- not having a regular bedtime (your body needs to be trained to expect sleep)
- using caffeine and/or alcohol in the hours before bedtime
- engaging in mentally stimulating activities in bed (e.g. TV, computers, texting/phone calls)
- craving nicotine (the next smoke)
- napping during the day
- not feeling tired due to a lack of exercise
- worrying about a lack of sleep or other issues

Please click **NEXT** to continue.



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Self-Management Plan

Your Self-Management Plan is made up of different worksheets you complete.

Area of my life	Review Date	Progress: I have achieved my goals					Add or change my goals	View Area
		Disagree		Agree				
		1	2	3	4	5		
Solving Problems 0 goal(s)							Update worksheet	View topic
Building Support 0 goal(s)							Update worksheet	View topic
Helpful Thinking 0 goal(s)							Update worksheet	View topic
Getting Active 0 goal(s)							Update worksheet	View topic
Keeping Calm 0 goal(s)							Update worksheet	View topic
Sleeping Better 0 goal(s)							Update worksheet	View topic

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