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MINDARMA...LOOKING AFTER YOUR MENTAL HEALTH AND WELLBEING



We are pleased to announce that the **Mindarma** program still has subscriptions available. This online, self-paced, proactive resilience program is free to employees and emergency services volunteers.

This program is brought to you by **Thriving at DFES**.

As part of the launch of Mindarma we ran a Five Week Challenge. The Challenge ran from Wednesday 08 September to Wednesday 13 October 2021, with a total of 59 people taking part.

As part of this Challenge, learners completed two Mindarma sessions per week and had the opportunity to participate in a weekly webinar to discover the science of resilience, gain insights into the skills they would learn in the upcoming program sessions, and join a brief question and answer conversation. These webinars were all recorded and are still available in the Mindarma [staff intranet](#) and [volunteer hub](#) pages. We also announced weekly winners who received a prize pack to help them build their wellbeing and resilience. If you didn't manage to participate in this Five Week Challenge, please keep an eye out as we will be running more Mindarma Challenges in the future.

But don't wait for the next Mindarma Challenge...[sign up](#) today so that you can start experiencing the benefits of mindfulness and effective strategies to help you better manage those tough days! This is especially important as we move in to the busy festive season and high threat period.

For more information, please contact the HRSD Organisational Development team, on thriving@dfes.wa.gov.au

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