



ACT
Government

healthier
work

HELPING PEOPLE AND
BUSINESS THRIVE

CASE STUDIES 2016-17

RECOGNISED

LIVING AND BREATHING THEIR VALUES

Australian College of Mental Health Nurses Incorporated – 11 staff

The Australian College of Mental Health Nurses Incorporated embeds and promotes mental health nursing best practice to enhance the profession as well as the wellbeing and mental health of the wider community.

After signing up to Healthier Work, the small team in the not-for-profit sector have enjoyed the benefits of planned activities to get everyone physically active and eating well.

“Creating a healthier workplace is a great weapon to guard against low staff morale and to enhance staff engagement,” says Sirla Jafri, Finance and Corporate Services Manager.

“The link between good physical health and its association with good mental health is undeniable. We want to reflect this in our workplace and truly live and breathe our values.”

The team has enjoyed more exercise, more team fun, and sharing healthier eating options.

“Some staff have started going for regular jogs and walks together,” says Sirla. “We’re also sharing healthy recipes and bringing in home grown vegetables to share.”

While it is sometimes difficult to organise group activities due to their varied working hours, when they do manage to get together as a team in a different setting, it can make all the difference to their personal mental health and team wellbeing. It can be as simple as getting everyone out of the office for an hour.

“Just getting out to the oval to play with a staff member’s dog was successful because it combined work with fresh air, stretching our legs, a different environment, and some fun – all at the same time,” says Sirla.

