



Mindarma is an evidence-based online program, proven to enhance mental fitness and protect mental health.

### **What is Mindarma?**

Mindarma is an online program, which is currently supporting thousands of workers to perform some of the world's most demanding roles. The program teaches mindfulness and other cognitive skills which we know can protect mental health and enhance a person's ability to adapt in the face of challenging situations and difficult life events.

### **What does the program include?**

Mindarma has ten short, interactive learning sessions (each around 15 minutes long) which you can complete on your computer, tablet or phone. The program also includes a range of guided mindfulness audio tracks, which you can download to your own device and play anywhere, anytime. The other unique feature of Mindarma is the Brain Food section, which offers a large, expert-curated library of videos, articles, book recommendations and more.

### **How was Mindarma developed?**

As a psychologist, I not only work clinically, but also perform research as part of the UNSW Workplace Mental Health Research Team. By drawing from both research knowledge and clinical understanding, I hoped to create a program which was capable of reaching many workers and making a real difference. Initially we built a pilot program which was evaluated as part of a Randomised Control Trial with 143 emergency service workers. Mindarma was then developed with the support of UNSW Innovations and the Black Dog Institute.

### **What did the research say?**

Our research showed that the program worked and delivered learners a number of very important benefits. Emergency service workers who completed the program were significantly more resilient six months after completing the program than those who received a control program. Those who received the program also reported significant increases in levels of mindfulness and optimism. Additionally, they developed better coping strategies and were more likely to reach out for support. You can read the full results at [www.jmir.org/2019/2/e12894/](http://www.jmir.org/2019/2/e12894/).

### **What will I learn?**

Understanding how the mind works is not only fascinating, but extremely useful. During Mindarma learners discover all about mindfulness and gain a range of practical strategies to help them deal with difficult thoughts, uncomfortable emotions and times of high stress. After

completing the program most learners find they are more mindful and feel far better prepared to deal with challenging situations.

### **Will this be painfully boring?**

We know training doesn't work when it puts you to sleep! That's why we set about making a program that is highly interactive and entertaining. Most people who complete Mindarma find that it is not only surprisingly fun, but filled with a lot of useful insights which they can apply in their everyday lives.

### **Why should I try mindfulness?**

Research has shown that mindfulness delivers a range of very impressive benefits. It can improve attention, reduce stress and help protect against many common mental health conditions. With the right guidance anyone can learn mindfulness and just a short session each day can make a very noticeable difference. Those who begin practising mindfulness regularly, often find they are more present, are able to manage their emotions effectively and enjoy better relationships with friends, family and colleagues.

### **Who should do the program?**

Everyone! We can't promise anyone a simple, straightforward, stress-free existence. We can however equip learners with simple, practical strategies that will help immensely when things aren't going to script. We hope your staff will take just a little bit of time out to prioritise their own mental wellbeing and pick up some of these incredibly valuable skills.

### **Who else is using Mindarma?**

The program (formerly called RAW Mind Coach) is currently used by emergency service agencies, including Fire and Rescue NSW, NSW Ambulance and St John Ambulance NT. The program is also supporting frontline medical workers, journalists, lawyers, community service workers and many others across a range of roles with unique stressors and challenges.

### **How can I find time to complete the program?**

Mindarma is designed for people who are busy. Each session takes just 15 minutes to complete and if you need to dash, you can easily return next time to where you left off. Most people who complete Mindarma view it a lot like going to the gym – just instead of training their bodies, they're training their brains.

We hope you enjoy the program and find it of real benefit.

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