



Invigor

Wellbeing

happier.
healthier.



Talk

- **friendCONNECT**
- **BuddySYNC**
- **medicalHELP**



Exercise

- **Cardio**
- **Choose one you love**
- **3 - 4 times week - 30 mins**



Alcohol

- **Avoid alcohol**
- **Rest. Reduce. Remove.**



Sleep

- Remove stimulants
- Prepare for bed

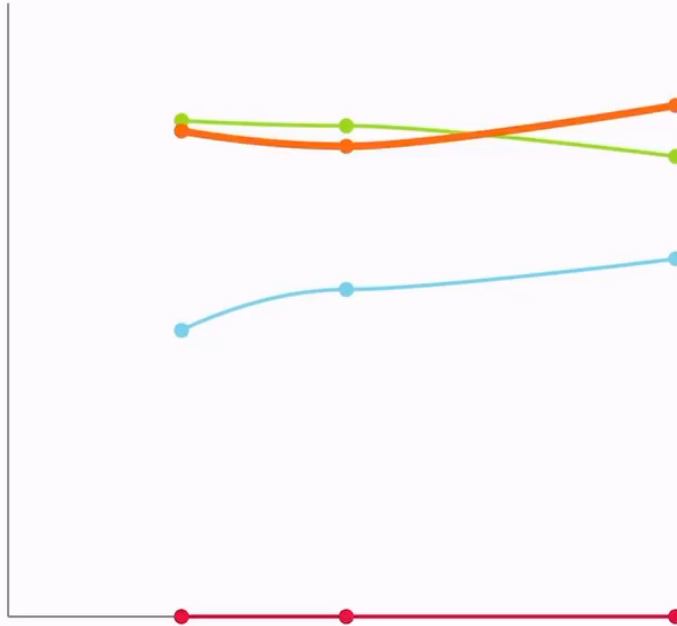
LIFEBACK TRACKER™

4 STEPS TO BETTER MIND HEALTH





Progress



Week


Month

Year

Average For Month

Score / day

 Sleep
7.8 hours

 Alcohol
0.0 drinks

 Exercise
28.5 mins

 Feelings
77.6 %

Track

Build a 'Culture of Care'

Spot the 7 signs

1. Emotional and **TEARY**
2. Constantly **WORRIED**
3. Avoid **SOCIALISING**
4. Struggle with **SLEEP**
5. **RARELY** happy
6. Thoughts **RACE**
7. Small things trigger **AGGRESSION**

Just like a 'Bushfire Plan',

don't wait until a problem strikes

plan now



Invigor
Wellbeing

happier.
healthier.