

The Creative's Guide to

# HEALTH & WELLBEING



**creative**  
+ PLUS BUSINESS

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# ABOUT THE HEALTH & WELLBEING GUIDE



**If you're trying to improve your own mental health or support somebody else with mental health issues, the [Head to Health website](#) provides links to trusted Australian online and phone supports, resources and treatment options.**

We at C+B believe that strong mental health can come from taking the reins of the parts of your creative life that you can control and becoming empowered by understanding more about how the creative business life works.

# HEALTH AND WELLBEING HOTLINES

Lifeline: 13 11 14 - [www.lifeline.org.au](http://www.lifeline.org.au)

Headspace: [www.headspace.org.au](http://www.headspace.org.au)

Black Dog Institute: 02 9382 4530 -  
[www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)

Suicide Call Back Service: 1300 659  
467 -  
[www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

Support Act Helpline: 1800 959 500 -  
[www.supportact.org.au/wellbeinghelp  
line](http://www.supportact.org.au/wellbeinghelp<br/>line)

CREW CARE: 0400 047 062 -  
[crewcare.org.au](http://crewcare.org.au)

Beyond Blue: 1300 22 4636 -  
[www.beyondblue.org.au](http://www.beyondblue.org.au)

Business in Mind: 03 6226 2713 -  
[www.businessinmind.edu.au](http://www.businessinmind.edu.au)

Work cover and safe work:  
[www.safeworkaustralia.gov.au](http://www.safeworkaustralia.gov.au)



# IMPOSTER SYNDROME



Impostor syndrome is a psychological phenomenon in which people are unable to internalise their accomplishments.

Read the article here:  
[creativeplusbusiness.com/imposter-syndrome](https://creativeplusbusiness.com/imposter-syndrome)

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# THE SABOTEUR WITHIN



Self-sabotage is very common for creatives, and on most cases can be managed once you're aware of what you're doing.

Read the article here:  
[creativeplusbusiness.com/self-sabotage](https://creativeplusbusiness.com/self-sabotage)

## INDECISION = COST BENEFIT ANALYSIS



If you have face a decision in your work and you're not sure what to do, a cost-benefit analysis can be surprisingly helpful.

Read the article here:  
[creativeplusbusiness.com/cost-benefit-analysis](https://creativeplusbusiness.com/cost-benefit-analysis)

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## PROCRASTINATION? I'LL DO THAT LATER



Procrastination is the act of putting off tasks or activities that you should be focusing on now, which can stress out out, even though we're the ones doing it!

Read the article here:  
[creativeplusbusiness.com/procrastination](https://creativeplusbusiness.com/procrastination)

## RUNNING AWAY FROM HOME

We're huge advocates of working on your business rather than in your business. This article shares tips on taking yourself away for a Business Retreat.



Website:

[creativeplusbusiness.com/running-away-from-home](https://creativeplusbusiness.com/running-away-from-home)

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## MAP MAKING FOR BEGINNERS

Once you've established your goals, how do you find the time to meet them? Here are some simple tips and tricks.



Website:

[creativeplusbusiness.com/making-maps](https://creativeplusbusiness.com/making-maps)

## QUITTING TIME



Sometimes it's important to hang in here – and sometimes it's OK to quit.

Website:

[creativeplusbusiness.com/quitting-time](https://creativeplusbusiness.com/quitting-time)

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## UNICORNS VS WORKHORSES



One of our favourites. How to make time, and understand the important of, your 'unicorn' work and your 'workhorse' work.

Website:

[creativeplusbusiness.com/unicorns-vs-workhorses](https://creativeplusbusiness.com/unicorns-vs-workhorses)

# THE MONDAY MORNING MEETING



One of the most effective time management tips we have - the MMM can help you get organised and save your sanity.

Website: [creativeplusbusiness.com/monday-morning-meeting](https://creativeplusbusiness.com/monday-morning-meeting).



## THE HEY MATE PROJECT

Hey Mate is a national social enterprise focused on mental health in Australia's creative industries. Hey Mate delivers mental health, wellness support, and education across all creative industries.

Their Mission is to bring back that feel-good feeling to the community and industries we support daily through the use of industry and vocation specific support and education.

**hey mate.**

Website:

[www.theheymateproject.com](http://www.theheymateproject.com)

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## ARTS WELLBEING COLLECTIVE

The Arts Wellbeing Collective is an Arts Centre Melbourne initiative, and comprises a consortium of Victorian arts and cultural organisations whose shared vision is to effect better mental health and wellbeing for performing arts workers. Videos, reports, guides, surveys – this website has the lot!



Website:

[www.artswellbeingcollective.com.au/resources](http://www.artswellbeingcollective.com.au/resources)

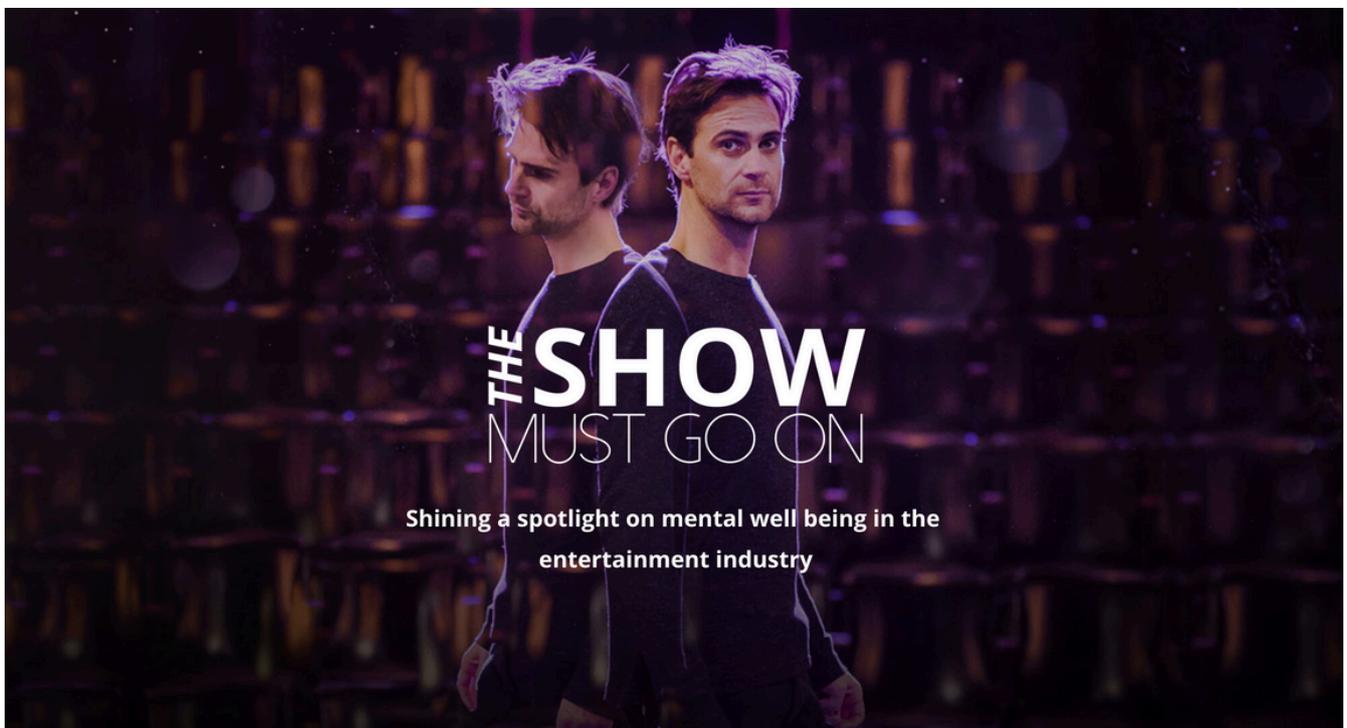
# THE SHOW MUST GO ON



This documentary follows former Home & Away actor and debut documentary filmmaker Ben Steel on a soul-searching investigation into why are there so many entertainment workers developing and struggling with mental wellbeing issues, and how can we make improvements before the next life is lost.

Website:

[www.theshowmustgoon.com.au](http://www.theshowmustgoon.com.au)



# MENTAL HEALTH FOR SMALL BUSINESS



Small  
Business  
Commissioner

Tips from the NSW Small Business  
Commission.

Website:

[www.smallbusiness.nsw.gov.au/get-help/mental-health/mental-health-small-business](http://www.smallbusiness.nsw.gov.au/get-help/mental-health/mental-health-small-business)

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# WORK/LIFE BALANCE AND STRESS MANAGEMENT



Queensland Government

Smart ideas from Queensland  
Industry!

Website:

[www.qld.gov.au/health/mental-health/lifestyle](http://www.qld.gov.au/health/mental-health/lifestyle)

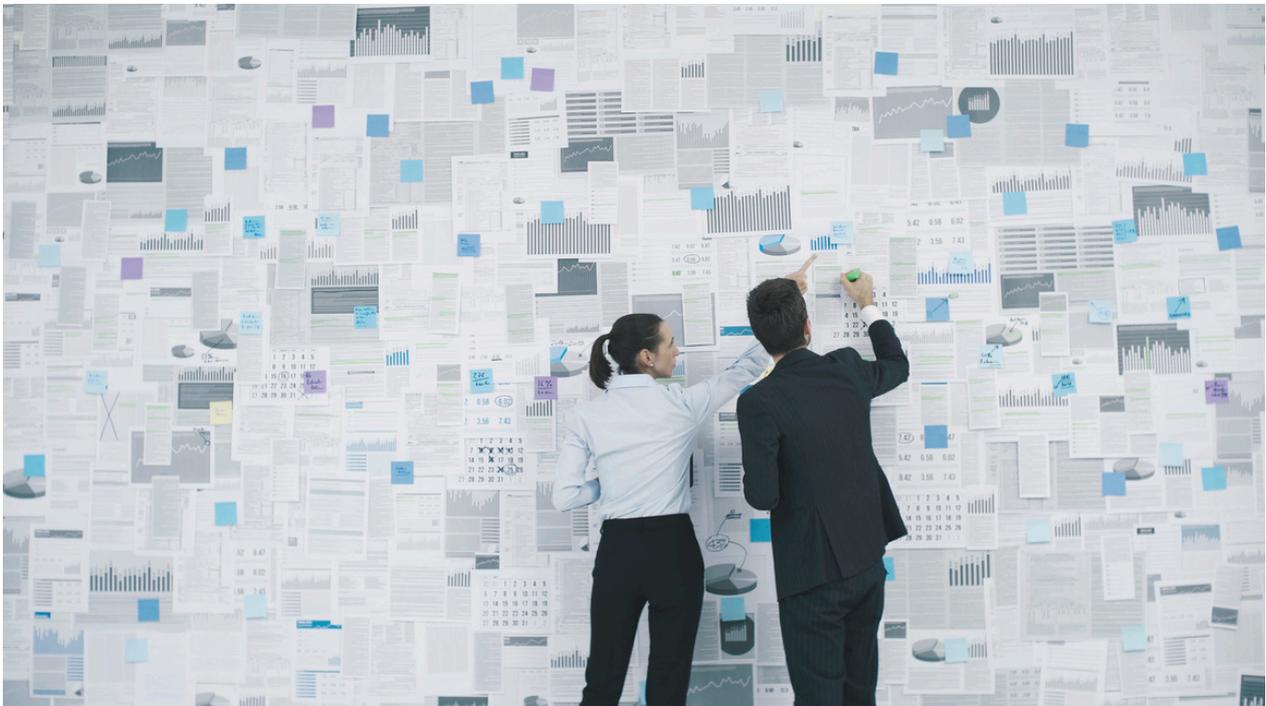
# STRESS SAVVY IN BUSINESS



How to manage your stress from Victorian industry.

Website:

[www.business.vic.gov.au/disputes-disasters-and-succession-planning/mental-health-in-business](http://www.business.vic.gov.au/disputes-disasters-and-succession-planning/mental-health-in-business)



## WELLBEING IN YOUR CREATIVE CAREER



For some extra help, check out our Wellbeing in your Creative Career information sheet!

Website:

[creativeplusbusiness.com/wp-content/uploads/2019/09/CB-INFO-SHEET-Wellbeing-in-Your-Creative-Career.pdf](https://creativeplusbusiness.com/wp-content/uploads/2019/09/CB-INFO-SHEET-Wellbeing-in-Your-Creative-Career.pdf)

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## CREATIVE PLUS BUSINESS ADVISORY SERVICES



Everyone needs tailored advice now and then, and we're happy to offer our services exclusively for creative people who need that bit of extra help. Our creative business advisory programs can provide extra information, an understanding ear or a little push in the right direction.

Website:

[creativeplusbusiness.com/advice](https://creativeplusbusiness.com/advice)

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FOR MORE INFORMATION VISIT  
[CREATIVEPLUSBUSINESS.COM](https://www.creativeplusbusiness.com)

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