

# A digital, compassion focused approach to wellbeing after injury

livinginrecovery.com.au



# A new program for workers with injury

Using compassion focused approaches, we help workers with injury maintain good psychological, social and emotional wellbeing during recovery.

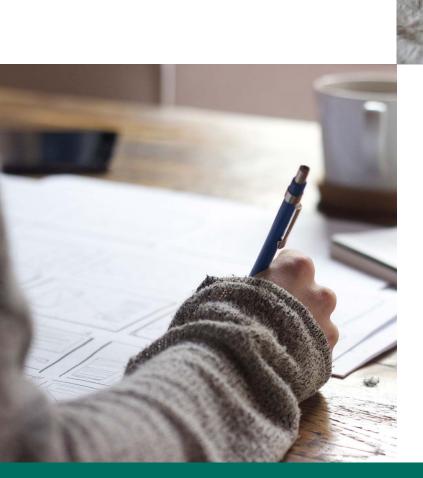
Compassion has been proven to help us tackle life's challenges, reduce worry, frustration and anxiety, and cope more positively during difficult times.

# Program features

- Digital access from the comfort of home
- Six interactive modules\* including video and audio
- Optional weekly check-ins with a trained practitioner
- Free for people with an active Workers Compensation claim
- Developed in Australia by a team of psychologists and researchers

For more information, head to livinginrecovery.com.au

\*Fluency in English is currently a requirement





Participants can now sign up for a four week online course **guided** by a trained practitioner\*. We'll take you step by step through the key principles of building compassion in your own life.

\*This is an optional support. Self-directed access is also available.

### Week 1

- Intake and getting started
- Module 1: Compassion and our tricky brains

### Week 2

- Module 2: Three circles
- Module 3: Our inner critic

### Week 3

- Module 4: Building our compassionate self
- Module 5: Working with complex emotions

## Week 4

- Modules 6: Wrapping up
- Program evaluation

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