



## Be Well Plan

### What is the Be Well Plan?

Be Well Plan is the latest mental health and wellbeing training program from Be Well Co, an entity of the South Australian Health and Medical Research Institute (SAHMRI), ranked number 40 in the world's top research institutes.

Be Well Plan helps you better understand your own mental health and introduces you to tools and activities that are scientifically proven to improve your mental wellbeing.

### What is the format and duration?

Be Well Plan is delivered over 5 weekly sessions x 2 hours each week.

### What will I get out of it?

Be Well Plan provides you with the tools to develop a personalised mental health and wellbeing strategy tailored to your psychological health profile and your current life circumstances.

You will walk away with a tailored plan comprising self-selected activities from a collection of evidence-based resources to help you deal with stress, build wellbeing and resilience and be your best possible self.

Session 1

Building a wellbeing foundation

Session 2

Using your wellbeing profile

Session 3

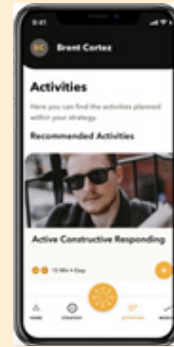
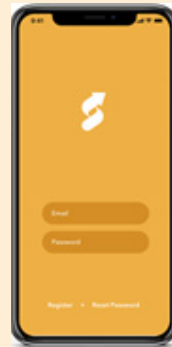
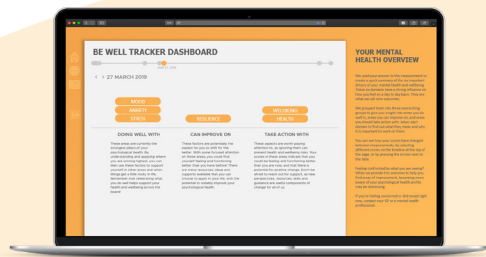
Exploring your resources and challenges

Session 4

Managing stress and building resilience

Session 5

Living your Be Well Plan



### Be Well Plan Evidence

Be Well Plan was developed by world leading wellbeing and mental health researchers from SAHMRI and Flinders University's Orama Institute for Mental Health and Wellbeing.

Drawing on the best available evidence from around the world, SAHMRI conducted a meta-analysis (a 'study of studies') including over 400 studies of psychological programs, to understand the most effective ways to improve mental wellbeing. This resulted in the activities presented in the Be Well Plan, which are available to you in an easy to apply format.

Be Well Plan was also informed by SAHMRI's experience over the last 6 years in delivering wellbeing and resilience programs to over 5,000 people from a wide range of backgrounds and experiences.

Be Well Plan has been proven to be effective in three separate studies, including a 'Randomised Control Trial' (which is the gold-standard of testing).

### Be Well Plan and Technology

A unique feature of the Be Well Plan is its integration with technology.

#### Be Well Tracker

As a Be Well Plan participant you will have the opportunity to take an online measure of your mental health and wellbeing using the Be Well Tracker. You will receive confidential insights into your mental health in 6 key areas: wellbeing, resilience, anxiety, stress, mood and health.

The Be Well Tracker is available to you as a resource to track your mental wellbeing over time.

#### Be Well Plan Mobile App

The Be Well Plan Mobile App gives you access to the tools and activities presented in the Be Well Plan, so you can have all you need in the palm of your hand to revisit the program and continue to work on your own unique Be Well Plan to build your mental health.

The results are clear – Be Well Plan is proven to improve mental health outcomes including increasing wellbeing and resilience and reducing distress.

SAHMRI evaluation of Be Well Plan

## Be Well Plan App Series\*

The Be Well Plan App Series has been developed to offer a more flexible delivery format of the Be Well Plan. It comprises the Be Well Plan App Series Workshop, followed by Be Well Plan Masterclasses.

## Be Well Plan App Series Workshop

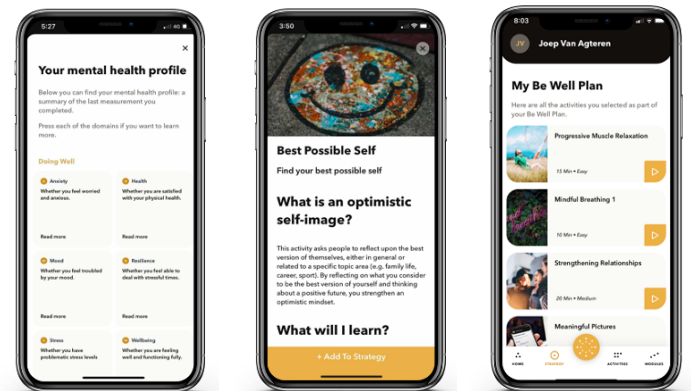
The 5-hour Be Well Plan App Series Workshop introduces participants to some of the key principles of the Be Well Plan and how to use the Be Well Plan App to access tools to improve their mental wellbeing.

## Be Well Plan Masterclasses

The Workshop is supported by a series of 1-hour Be Well Plan Masterclasses on topics including:

- Psychological flexibility
- Self-compassion
- Mindfulness
- Meaning in life
- Optimism and gratitude
- Feedback and emotion regulation

Further topics will be added in 2022.



The timing of the Masterclasses and the topics can be tailored to best suit your needs.

These Masterclasses are also available to participants who have undertaken the Be Well Plan.

**\*Please note** evaluation of the Be Well Plan to date has been of the 5 x 2-hour weekly sessions. The Be Well Plan App Series is still to be evaluated, with data on its efficacy due to be available early in 2022.

