

RESOURCES

ENVISAGE

IDENTITY

Title	Source	Format	Link
What is happiness and why should we seek it?	Dr Tim Sharp, Happiness Institute	Video	Link
The CHOOSE framework	Dr Tim Sharp, Happiness Institute	Video	Link
Create a happy, healthy retirement	Dr Tim Sharp, Happiness Institute	Video	Link

MONEY

Title	Source	Format	Link
Get a Money Health Check	ASIC's MoneySmart	Online tool	Link
Budget Planner	ASIC's MoneySmart	Online template	Link
Women's Money Toolkit	ASIC's MoneySmart	Online toolkit	Link
Retirement Planner	ASIC's MoneySmart	Online calculator	Link

CAREER

Please refer to the relevant workshop topic for more information.

HEALTH

Nutrition

Title	Source	Format	Link
Healthy Diet	World Health Organisation (WHO)	Factsheet	Link
Nutrition and Healthy Eating	Department of Health	Webpage	Link
Healthy Weight Guide	Department of Health	Online Tool	Link
Healthy Eating	Heart Foundation	Webpage	Link
Australian Guidelines to Reduce Health Risks from Drinking Alcohol	National Health and Medical Research Council	Documents	Link
Reduce your risk: new national guidelines for alcohol consumption	Department of Health	Webpage	Link

Exercise

Title	Source	Format	Link
Australia's physical activity and sedentary behaviour guidelines	Department of Health	Factsheet	Link
Make your move – Sit less	Department of Health	Booklet	Link
Active Living	Heart Foundation	Webpage	Link

Sleep

Title	Source	Format	Link
Sleep Health Fact Sheets (multiple topics)	Sleep Health Foundation	Website	Link
10 tips for a good night's sleep	Sleep Health Foundation	Webpage	Link

Stress and Mental Health

Title	Source	Format	Link
Stress	Health Direct	Webpage	Link
12 tips to prevent stress	Stress Less Tips	Website	Link
Beyond Blue	Beyond Blue	Website	www.beyondblue.org.au
Lifeline	Lifeline	Website	www.lifeline.org.au
MensLine Australia	MensLine Australia	Website	https://mensline.org.au/
E-mental health tools	Black Dog Institute	Self-help tools and apps	Link

RELATIONSHIPS

Title	Source	Format	Link
Healthy Relationship	Dr Tim Sharp, Happiness Institute	Video	Link
Carers Australia	Carers Australia	Website	www.carersaustralia.com.au
Relationships Australia	Relationships Australia	Website	www.relationships.org.au

FUTURE

Title	Source	Format	Link
100-day goal method	The Business Bakery	Document	Link
A Virtual University of the Third Age	U3A Online	Online learning	www.u3aonline.org.au
Volunteering Organisations	Australian States	Websites	NSW – Centre For Volunteering VIC – Volunteering VIC WA – Volunteering WA QLD – Volunteering QLD ACT – Volunteering ACT SA- Volunteering SA
Dying Matters	Hospice UK	Website	www.dyingmatters.org