

What you're going through isn't easy. It's good we can talk about it.

Have you been feeling this way for a while?

THERE'S  
MORE TO SAY  
AFTER  
RUOK?™

That's tough.  
Keep talking, I'm listening.

How  
Mindfulness  
can help you  
and others to  
BE OKAY.

RUOK? DAY™  
10 September 2020

Learn what to say  
A conversation co



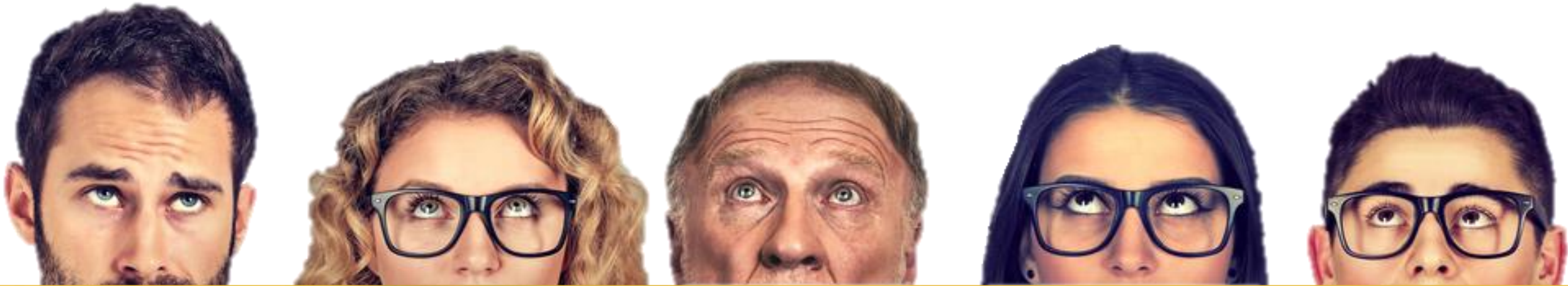
WARNING  
MENTAL  
OVERLOAD!

**RUOK? DAY™**

Learn what to say at [ruok.org.au](http://ruok.org.au)

# 1<sup>st</sup> Step to Mindfulness

# Breathe



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Your body is present

Is your mind?



# SHIFTING OUT OF AUTOPILOT

Being

BEING IS THE CALM, FOCUSED STATE OF MIND  
WHERE WE ARE FULLY PRESENT AND AWARE OF  
WHAT IS HERE, RIGHT NOW.

Doing

WE NEED TO MOVE FROM UNDERSTANDING TO DOING

Understanding

UNDERSTANDING IS NEEDED FOR CLARITY AROUND THE “WHY” AND “WHAT”

Knowing

KNOWING DOES NOT NECESSARILY LEAD TO MAJOR CHANGES IN BEHAVIOUR.



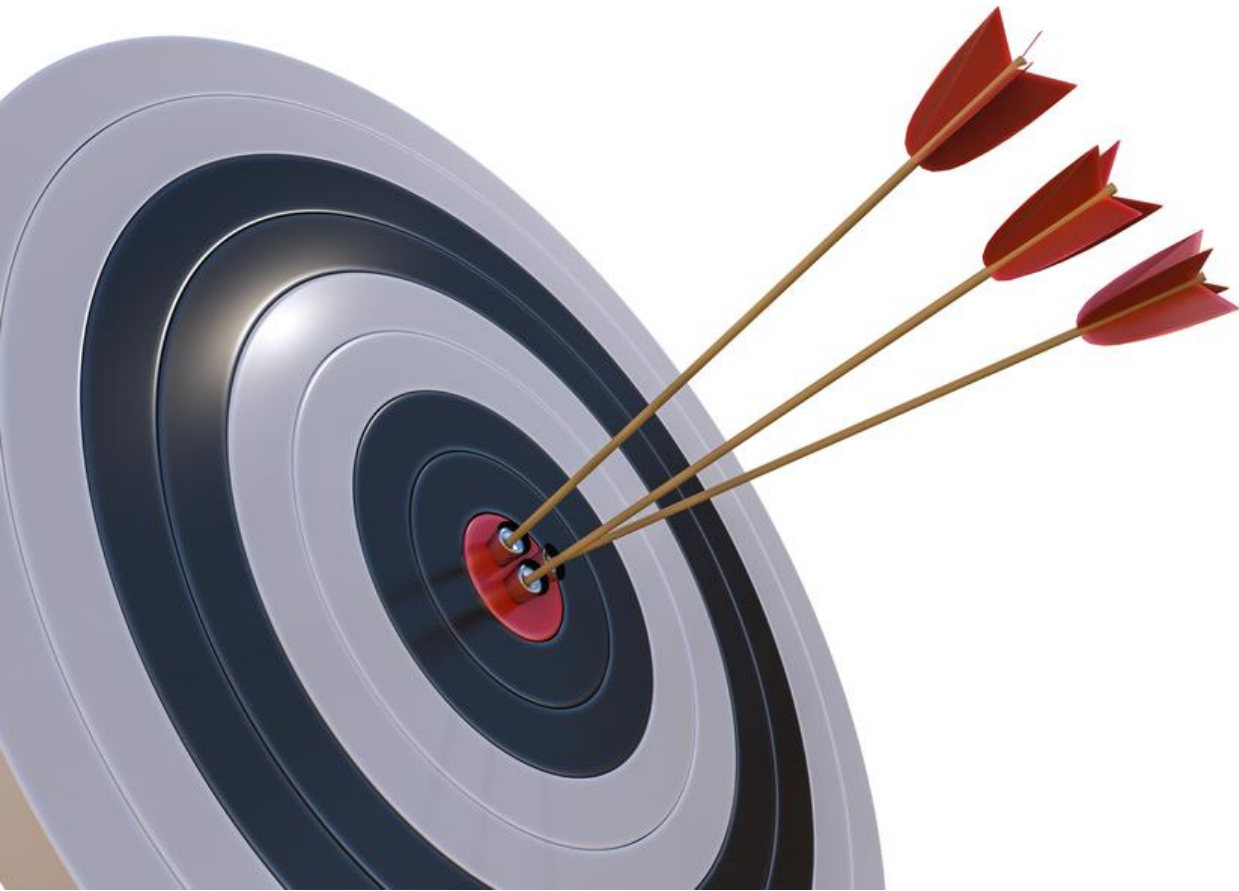
# Move from should – to Could



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# 3 Powerful Techniques for Mindfulness



- **Aim**
- **Align**
- **Action**



# THE 3 STEPS OF INTENTION

## Step 1: INTENTION – AIM

**Who do you want to be in the Situation?**

**How will I act PHYSICALLY?**

Consciously shift from **REACTIVE** to **CREATIVE**



## Step 2: INTENTION – How do you want to **FEEL - ALIGN**



Choosing your **FEELINGS** creates **RESPONSE**

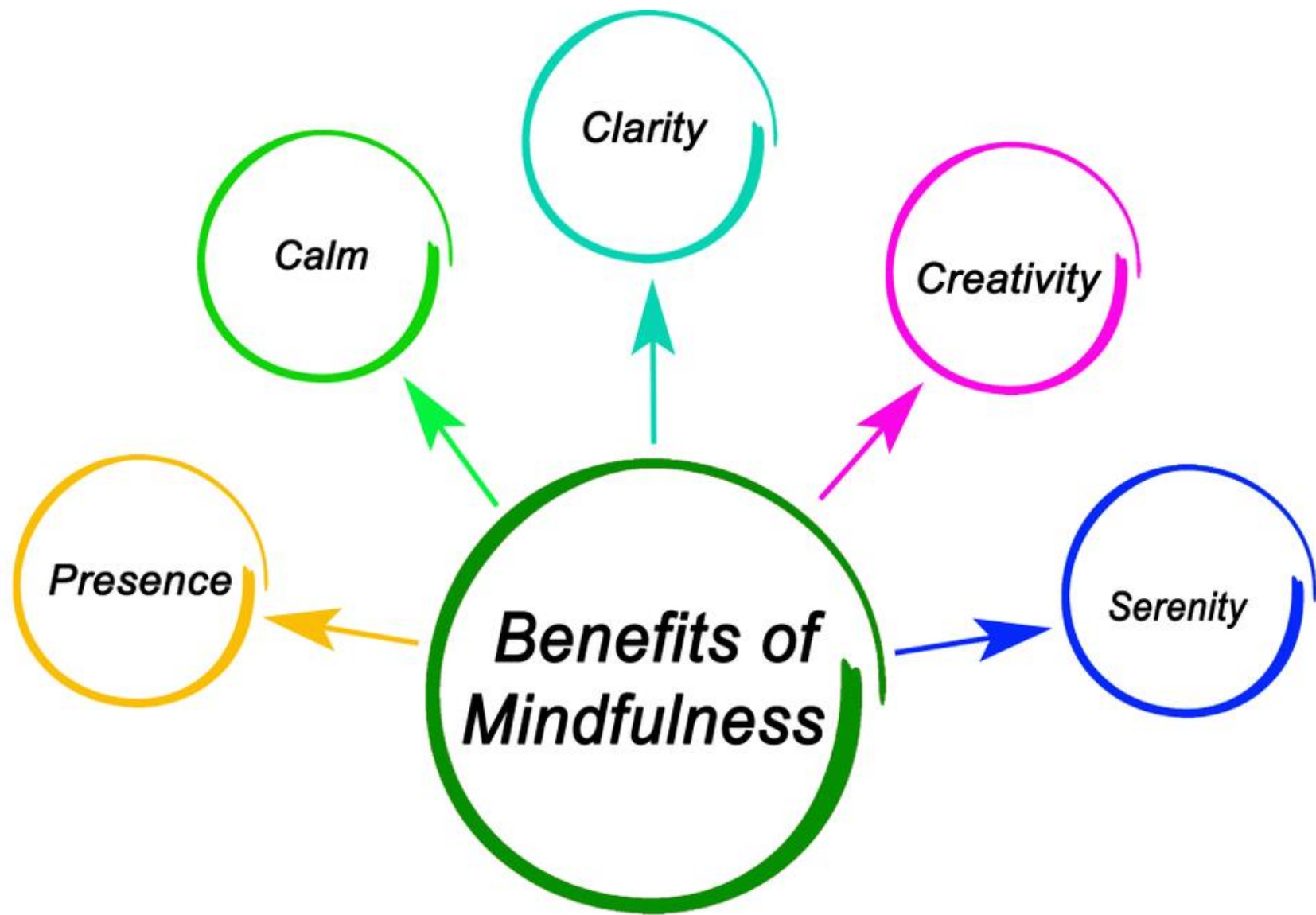


## Step 3: INTENTION – Desired Internal Outcome - ACTION

How do you want to feel as you walk away from the situation?

Choose that before the situation happens, and you step out of being a **REACTOR** and you become a **CREATOR**.





# Calm



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# Don't suffer in silence REACH OUT!

## **Lifeline**

**13 11 14**

Call 24/7 for crisis support and suicide prevention services

## **Suicide Call Back Service**

**1300 659 467**

24/7 free counselling and support for people at risk of suicide, carers and bereaved

## **Beyond Blue**

**1300 22 4636**

Call 24/7 for advice, referral and support from a trained mental health professional

## **MensLine Australia**

**1300 78 99 78**

24/7 telephone and online support for men with emotional health and relationship concerns

## **Kids Helpline**

**1800 55 1800**

24/7 private and confidential phone and online counselling service for young people aged 5 to 25

**1800RESPECT**

**1800 737 732**

24/7 counselling, information and referrals for sexual assault, domestic and family violence

# A CONVERSATION COULD SAVE A LIFE



Learn what to say at [ruok.org.au](http://ruok.org.au)



Dr Rosemary McCallum is a renowned keynote speaker, a published author and an authority in the field of implementing emotional culture and team engagement through Foundational Emotional Intelligence.

She has a 25-year record in activating the exceptional in over 3000 individuals. Rosemary is a gifted teacher, facilitator and mentor and uses a powerful unique blend of metaphysics and behavioural science in generating proven results.

Her success comes from her inherent ability to always be on the cutting edge of exploring and creating different ways for individuals and businesses to move forward with self knowledge, influential emotional culture, team engagement and achieving results.

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