

Start a Sconversation

Make some scones, boil the jug and have a chat—a great way for everyone to share what's on their mind and boost mental wellbeing. See over the other side for some great advice from the Rural Adversity Mental Health Program on additional support should someone need it.

CWA of NSW Scone Recipe

- 450g plain flour
- 2 teaspoons baking powder
- Salt
- 1 tablespoon butter, softened
- 150 ml milk
- 150 ml water



① Preheat oven to 220 degrees celsius. Lightly flour a baking tray.

② Sift flour, baking powder and salt together into a bowl, and then rub in the butter with the tips of the fingers. Using a knife, lightly mix in the milk and water until it forms a smooth dough.



③ Turn dough out onto a floured board and lightly knead. Roll out to about 1.5cm thick, and then cut into 5cm rounds. Place on the prepared tray and bake for 7-10 minutes.



Serve with jam and cream. Enjoy!



How are you going?



WELL

UNWELL

How are you feeling?

Self-aware & calm

Irritable or impatient

Angry or frustrated

Aggressive, out of control

What's your stress level?

Coping well

Worried or nervous

Very nervous, panicky

Really anxious, panic attacks

What's your outlook?

Positive

Overwhelmed

Feeling hopeless

Depressed or suicidal thoughts

How are you working?

Motivated & kicking goals

Putting things off, forgetting stuff

Unmotivated, not working well

Can't get anything done

How are you sleeping?

Sleeping normally

Trouble sleeping

Restless, disturbed sleep

Sleeping too much or too little

What's your energy level?

Energetic

Low energy levels

Tired

No energy & feeling unwell

What's your activity level?

Keeping active

Not doing as much as usual

Not enjoying activities

Avoiding activities

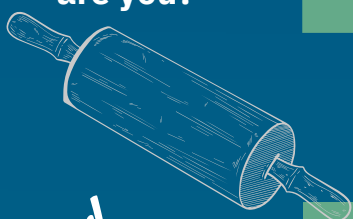
How social are you?

Feeling connected

Withdrawal from social activity

Annoyed with everyone

Avoiding people, isolated



What can you do?



Keep it up!

Ask for support, try not to judge yourself

Talk to friends and family

Do something you enjoy

See your GP

Don't put it off, act now

Contact Community Health or your EAP

Seek help now

Help is available

Lifeline 13 11 14

NSW Mental Health Line
1800 011 511

Beyond Blue 1300 224 636