



*The*  
**UNBREAKABLE**  
**FARMER**



“I am on a mission...”

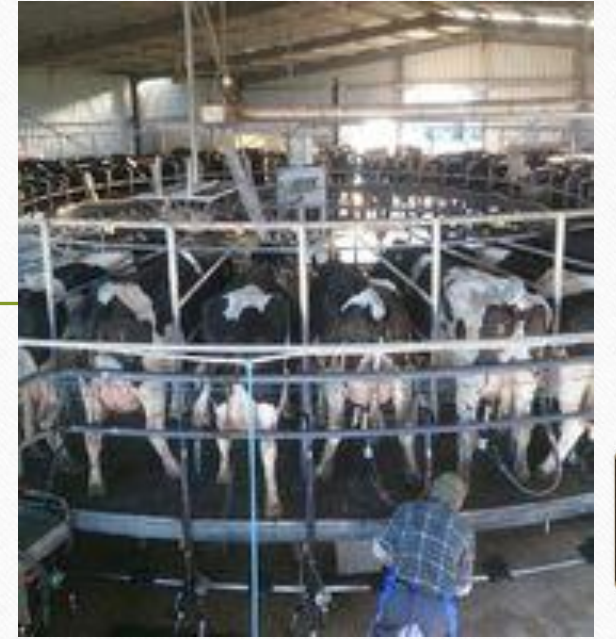


*The*  
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**FARMER**

# My Story

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# Flood



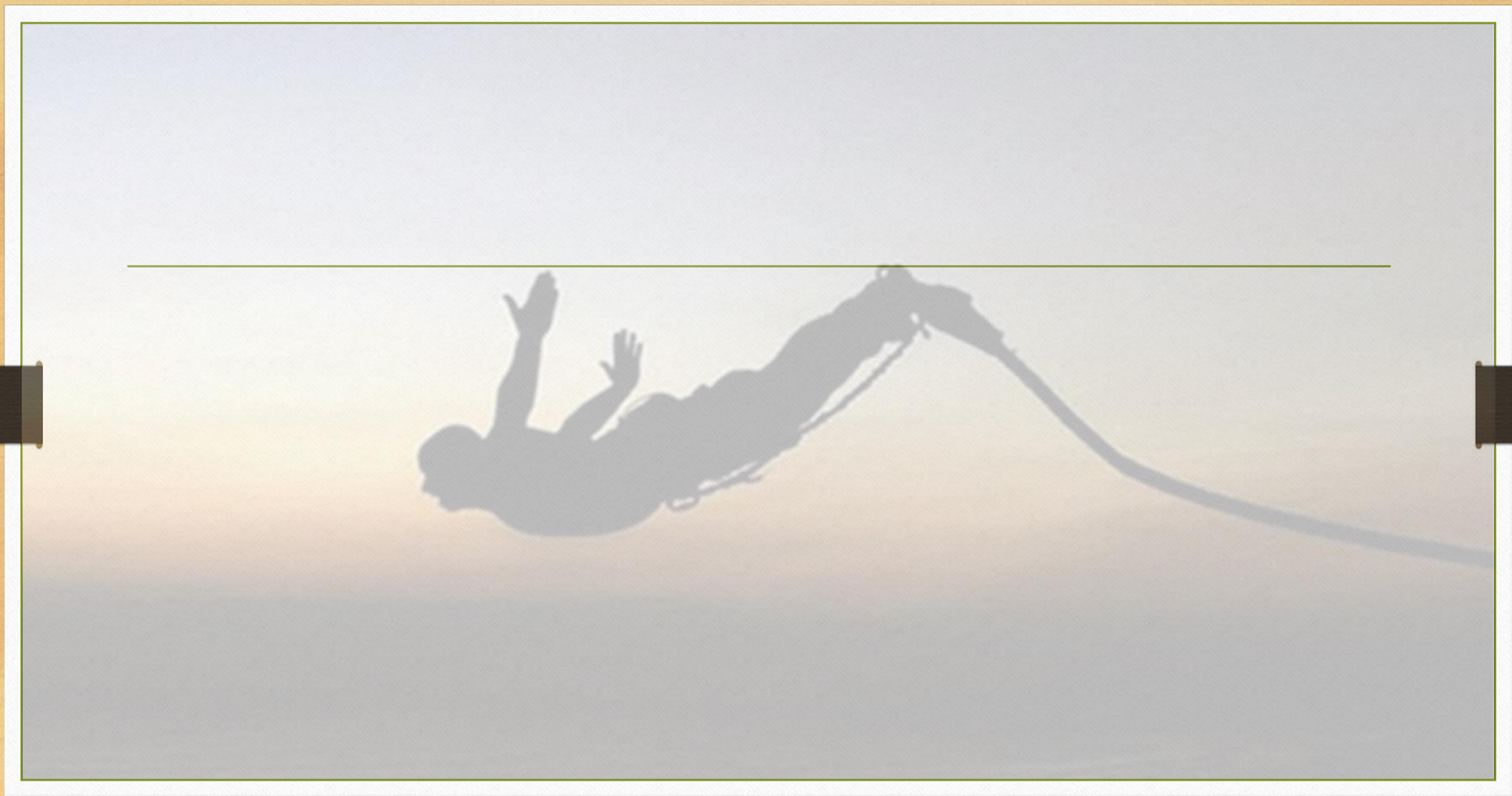


# Family Breakup




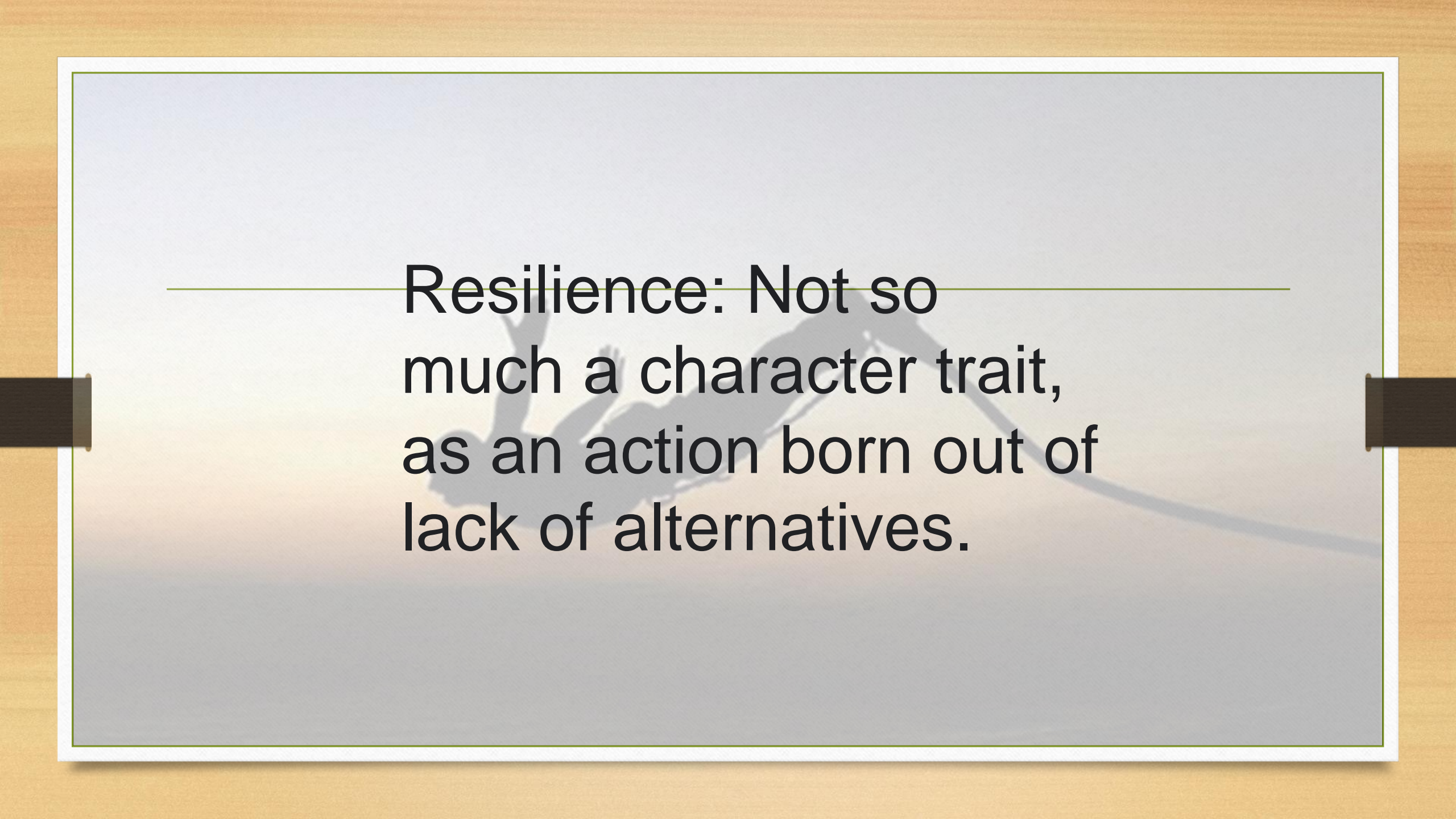


Drought



Resilience the  
capacity  
to withstand or to  
recover quickly  
from difficulties

A faint, semi-transparent background image showing a group of people in silhouette, holding hands in a circle. They are positioned against a bright, hazy horizon, likely a sunset or sunrise, with a gradient from light yellow to light blue. The overall scene conveys a sense of unity and support.



Resilience: Not so much a character trait, as an action born out of lack of alternatives.



# How Can I Help Someone

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- Know the signs
- Open Up Conversations
- Listen and Support
- Encourage Help Seeking

# Open Up Conversations

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- Be Empathetic
- Ask Open ended Questions
- Give The Person Your Undivided Attention
- Remain Non Judgemental
- Do Not Rush In With Advice



# Listen and Support

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- Listen Quietly
- Demonstrate Genuine Care
- Build Rapport



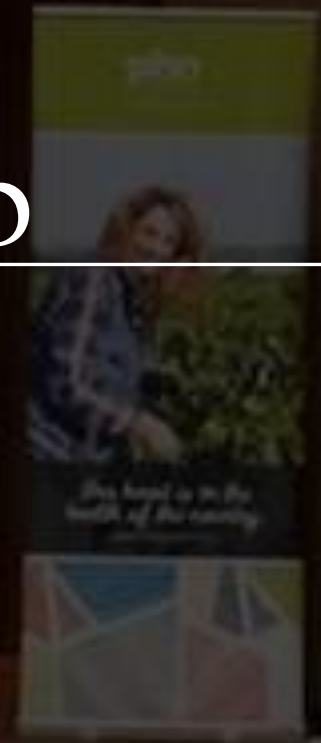
# Encourage Help Seeking

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- Resources
- Support Network
- Professional Services
- If Concerned with Persons Safety CALL 000
- Don't Forget To Check In

# 3 Stages of Self Help

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# Awareness

- Emotional Understanding : Identify and Control
- Check Ins: With yourself and Others
- Values: What do you live by
- The Unbreakable Wheel of Wellbeing:  
Physical, Social, Self, Emotional, Intellectual, Vocational,  
Relationships Financial, Environmental.

# The Unbreakable Wheel of Wellbeing

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# The Unbreakable Wheel of Wellbeing

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# Acknowledge

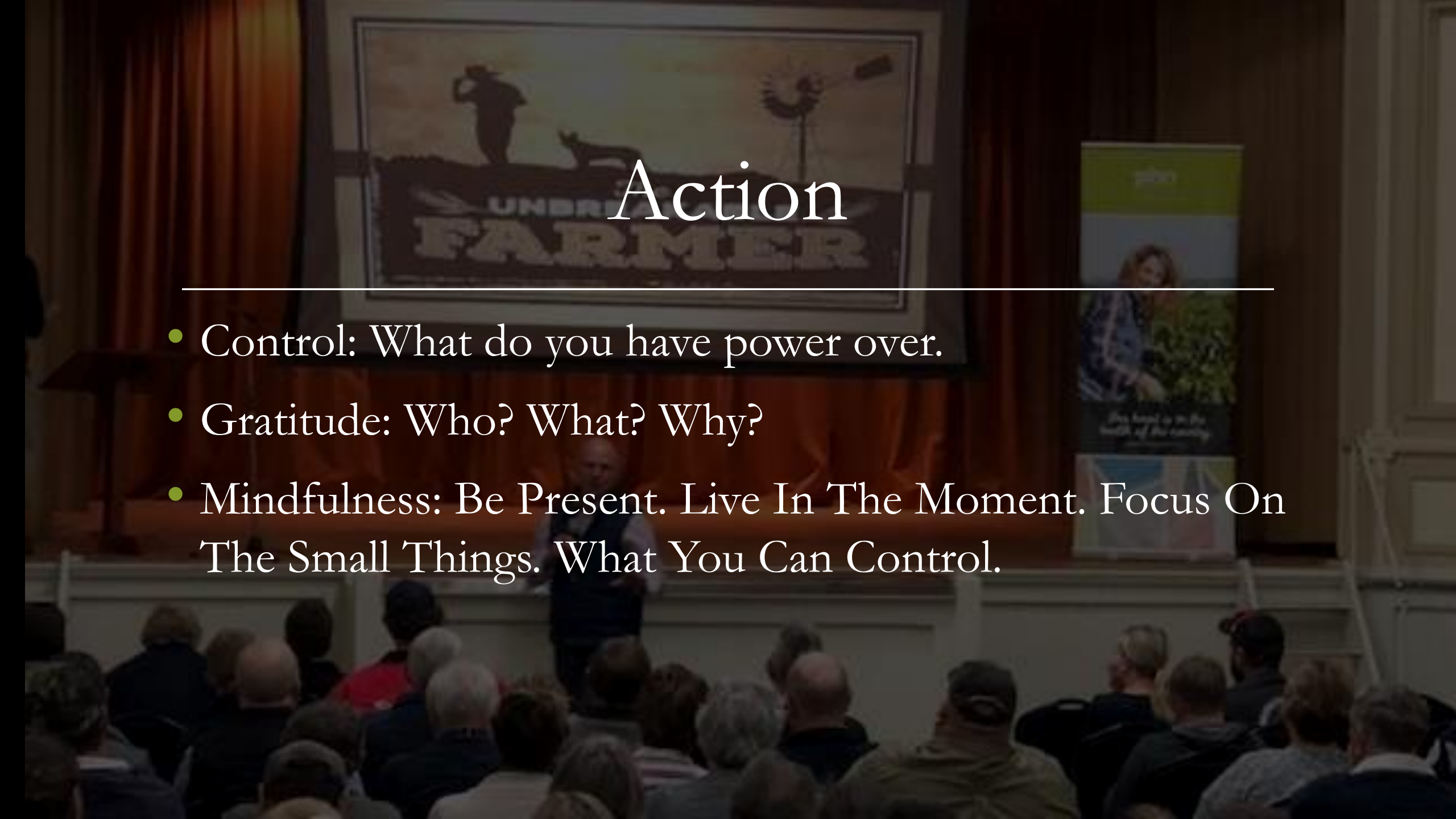
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- Support Networks: Who's in yours
- Triggers: Positive, Not so Positive, Stressors, Challenges
- Non Negotiables: What do you do for yourself. What are those behaviours.



# Action

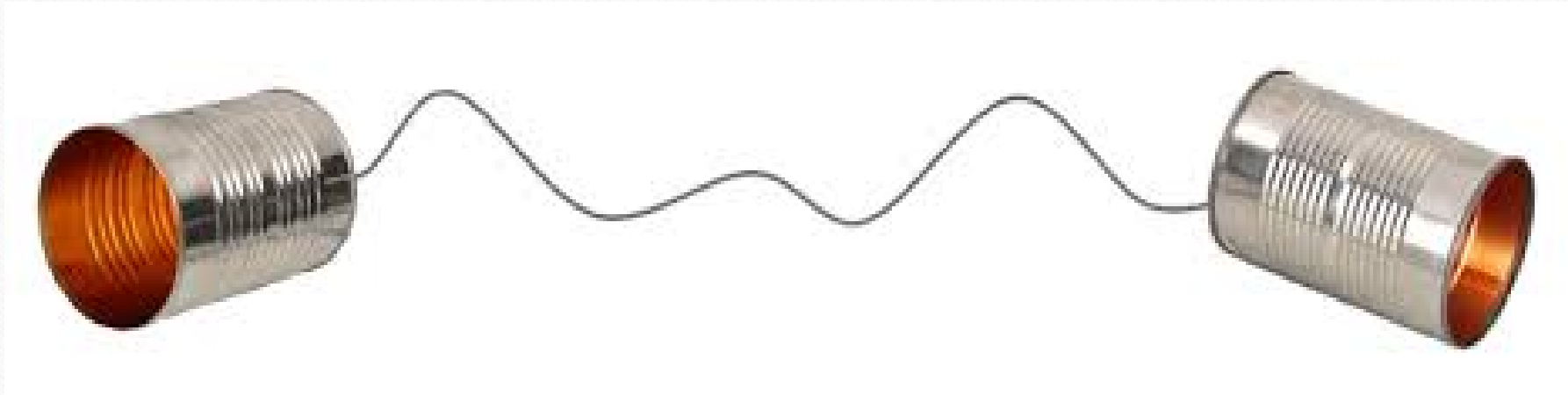
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- Control: What do you have power over.
  - Gratitude: Who? What? Why?
  - Mindfulness: Be Present. Live In The Moment. Focus On The Small Things. What You Can Control.
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# My 3 Lessons



# Communication is Key



Stay Connected



# Seek Support Seek Support



# Thank You

[www.theunbreakablefarmer.com.au](http://www.theunbreakablefarmer.com.au)

