

# Mental Health Week

## 9–15 October 2016



Join the Society this year for Mental Health Week 9–15 October to promote awareness about mental health and wellbeing for all. The Society is proud to present a program aimed to educate, engage and raise awareness about mental health issues and encourage those in the legal profession to maximise their health potential by integrating work/life balance practices into their workplace and everyday life.

The Society's theme for this year's Mental Health Week is the same as last year 'Celebrate, Connect and Commit' with a focus on resilience, self-advocacy and capacity for positive change.

**Celebrate** collegiality.

**Connect** with friends, family and with the community.

**Commit** to learning something different—take on new challenges and contemplate to reduce stress.

\* Petris Lapis, Director, Petris Lapis Pty Ltd, Author, Master Performance Consultant, Motivational Speaker and Trainer (Brisbane, QLD).

Being active, having a sense of belonging and purpose in life all contribute to happiness and good mental health.

This year's program will include light exercises starting with the walk for wellness led by the Hon Chief Justice Michael Grant CPD on managing stress, and a panel on resilience.

The highlight of the week, the 2016 mental health week breakfast, will be held on Friday 14 October 2016 and will feature guest speaker Petris Lapis\*, a sumptuous breakfast, music and raffle prizes to be drawn during the event. Attendees will receive a 2016 mental health show bag as well as accrue 1.5 CPD points in core competency in Practice Management and Business Skills (CB).

Your participation in this year's program will make a difference in the promotion of mental health and wellbeing in the legal profession.

