

#1

Cause of death of **Men** aged 18-44

2.6 x

National
Road Toll

75%

of people who
suicide are **men**

60%

Never sought
medical help

200

200 attempts
8 die, **6** are men

Lifeback Tracker Booklet



Week Two

Day 9
Date: 2/4/2016

Exercise (Continuous minutes) 0 15 30 45 60 ✓

Feelings & Thoughts

Before Exercise	After Exercise
I'm emotional & teary	2
My thoughts are racing	4
I fear bad things will happen	2
I am constantly worried	1
Small things trigger aggression	2
I'm nervous & jittery	3
I'm rarely happy & content	4
I feel sad & flat	

Daily Score TOTAL 32

Sleep: Sleep His slept last night?



LifeBACK Principles explained

The LifeBACK Tracker™ program is designed to help you understand your own thoughts, feelings, and behaviors and to help you manage them better. Here are the 4 principles explained:

- Avoided & Restrained Drugs**
 - Remove alcohol, drugs and substances completely and avoid consuming a higher dose of over-the-counter water to be safe.
 - Monitor - keep track of your mood.
 - Complete the Daily Tracker and LifeBACK Tracker™ Chart every day with the number of people who affect you and the number of people who affect you the previous day.
- Relaxation**
 - Relaxation techniques help you manage your thoughts, feelings and behaviors.
 - Monitor - keep track of your mood.
 - Complete the Daily Tracker and LifeBACK Tracker™ Chart every day with the number of people who affect you and the number of people who affect you the previous day.
- Sleep**
 - Monitor - keep track of your mood.
 - Complete the Daily Tracker and LifeBACK Tracker™ Chart every day with the number of people who affect you and the number of people who affect you the previous day.
- Task**
 - Monitor - keep track of your mood.
 - Complete the Daily Tracker and LifeBACK Tracker™ Chart every day with the number of people who affect you and the number of people who affect you the previous day.



4 Principles



Reduce Alcohol



Exercise



Sleep



Talk

Cut out / reduce

Remove stimulants

Zero recreational drugs

40 minutes

Cardio

4 - 5 times per week

Plan & prepare

Turn off devices

Investigate triggers

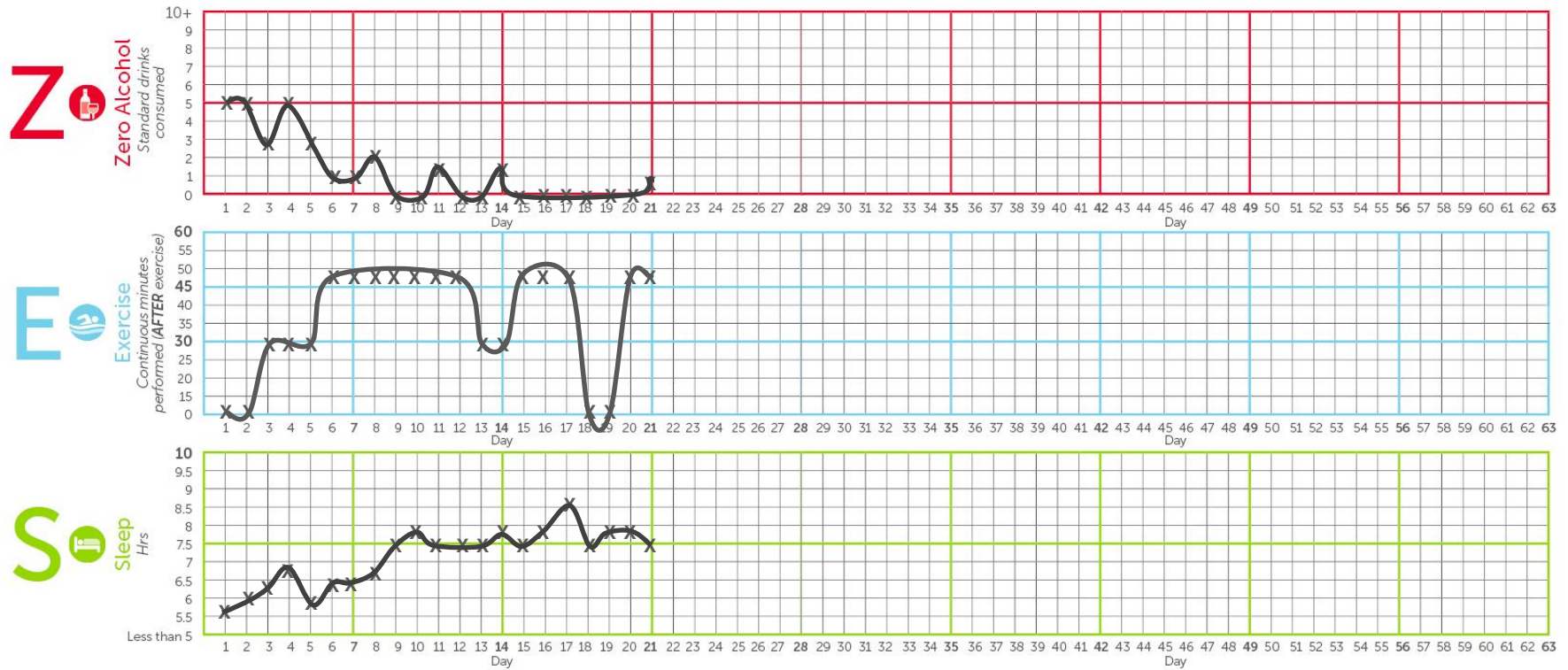
friendCONNECT

buddySYNC

medicalHELP



Analysing the Lifeback Tracker Chart



REMEMBER! Plot the Daily Score Total for AFTER exercise

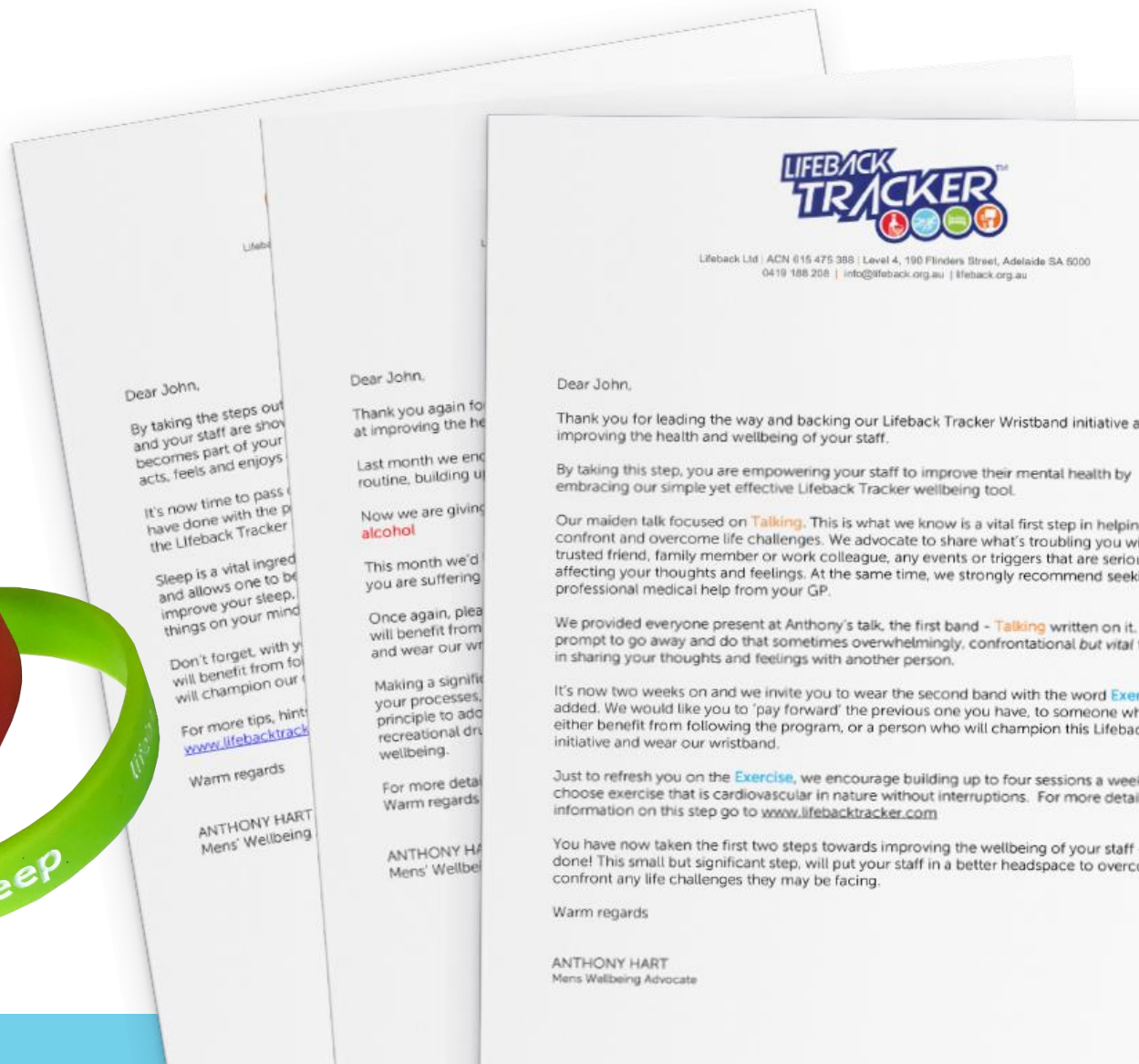
Go to page 8 to help you interpret the results of this graph



Sign up to the 6 week **Lifeback Tracker Challenge**



- Wristbands
- Onboarding letters
- Pay it forward



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Dear John,

By taking the steps out and your staff are showing becomes part of your acts, feels and enjoys

It's now time to pass have done with the p the Lifeback Tracker

Sleep is a vital ingred and allows one to be improve your sleep, things on your mind

Don't forget, with y will benefit from fo will champion our r

For more tips, hint www.lifebacktrack

Warm regards

ANTHONY HART
Mens' Wellbeing

Dear John,

Thank you again fo at improving the he

Last month we end routine, building up

Now we are giving alcohol

This month we'd you are suffering

Once again, plea will benefit from and wear our wr

Making a signifc your processes, principle to add recreational dr wellbeing.

For more deta Warm regards

ANTHONY HA
Mens' Wellbei

Dear John,

Thank you for leading the way and backing our Lifeback Tracker Wristband initiative a improving the health and wellbeing of your staff.

By taking this step, you are empowering your staff to improve their mental health by embracing our simple yet effective Lifeback Tracker wellbeing tool.

Our maiden talk focused on **Talking**. This is what we know is a vital first step in helping confront and overcome life challenges. We advocate to share what's troubling you with trusted friend, family member or work colleague, any events or triggers that are serious affecting your thoughts and feelings. At the same time, we strongly recommend seek professional medical help from your GP.

We provided everyone present at Anthony's talk, the first band - **Talking** written on it, prompt to go away and do that sometimes overwhelmingly, confrontational but vital in sharing your thoughts and feelings with another person.

It's now two weeks on and we invite you to wear the second band with the word **Exercise** added. We would like you to 'pay forward' the previous one you have, to someone who either benefit from following the program, or a person who will champion this Lifeback initiative and wear our wristband.

Just to refresh you on the **Exercise**, we encourage building up to four sessions a week choose exercise that is cardiovascular in nature without interruptions. For more detail information on this step go to www.lifebacktracker.com

You have now taken the first two steps towards improving the wellbeing of your staff done! This small but significant step, will put your staff in a better headspace to overcome confront any life challenges they may be facing.

Warm regards

ANTHONY HART
Mens Wellbeing Advocate