



DFES General Circular No: 125/2021

File: D19664

20 July 2021

MINDARMA – a proactive resilience program



DFES is offering limited places...get in quick!

Do you want to protect your mental health and build your resilience from the comfort of your own home or workplace? If so, Mindarma may be just what you are looking for.

Mindarma is an evidence-based online resilience training program supporting thousands of first responders across Australia.

Through Mindarma, you will discover all about mindfulness and develop skills to help you better manage difficult thoughts, uncomfortable emotions and navigate through times of high stress. The program promotes healthy coping strategies, encourages help-seeking behaviours and allows you to create a personal plan of action for those tough days.

Mindarma features ten short interactive sessions (15 minutes each) as well as a “Brain Food” library, where you can read articles, view videos, listen to podcasts and download guided mindfulness tracks. The “Brain Food” library is continuously growing, with new material regularly added.

As part of [**Thriving at DFES - Mental Health and Wellbeing Strategy and Action Plan 2021-2023**](#) we are excited to offer access to Mindarma to employees and emergency services volunteers.



Sign up today and get started

1. Register using the link below
2. Complete an optional short resiliency survey (pre-training score):
 - All information provided to Mindarma is confidential, de-identified and assessed at a group level.
 - This data will provide a baseline resiliency measure of all learners.
3. Complete the ten short interactive sessions (15 minutes each) featuring animated content, quizzes, games and guided mindfulness exercises at your own pace.
4. Complete the optional short resiliency survey again (post-training score):
 - Pre and post training scores are compared to determine if Mindarma has increased the resiliency of all learners.

You will have access to this program for 12 months so that you can revisit material and practical exercises to boost your resiliency whenever you want to.

Sign up for [Mindarma](#).

Take the Mindarma Five (5) Week Challenge

Not keen to take the self-paced approach?

Would you prefer to complete the program as part of a challenge and go into the draw for great prizes?

If so, take part in the Mindarma Five Week Challenge. Simply:

1. Sign up for the Mindarma Program
2. Register for the Five Week Challenge to let us know you are participating
3. Complete two short sessions per week over five weeks (approximately 30-minute weekly commitment)

Mindarma Five Week Challenge starts **Wednesday 1 September 2021**.

Register your interest for the [Five Week Challenge](#).

For more information, visit the Mindarma page on the [Staff Intranet](#) and [Volunteer Hub](#) or email thriving@dfes.wa.gov.au

NANCY APPLEBY
DIRECTOR HUMAN RESOURCES AND SAFETY