

## Wellbeing: Looking After Your Body

### Quick reference guide



#### What does physical wellbeing mean to us at Prominent Hill?

Being away from your loved ones and routine can take a big toll on your physical health, not to mention dealing with the long shifts and changes to your sleep patterns! It might be tempting to pick up an energy drink or treat and power through the day – but what is it costing you?

At Prominent Hill, we understand these challenges which is why we offer services here onsite to help keep you fit and healthy.



#### The importance of taking breaks

Make sure you take regular breaks when on the job. If you're feeling stressed out, let your supervisor know. We all need to be mindful of our stress levels and take time to keep fit for work.

Our minds and bodies use a lot of energy, so it is important to give ourselves time to reset, recharge and revitalise. Research shows that even a 5-minute break each hour has a significant impact, helping us make our short-term memories into long-term memories, reducing decision fatigue and maintaining our motivation.



#### Quick tips:

- If you only have a couple of minutes, stand up and do a few stretches to get your blood flowing, or try a simple box-breathing exercise: breathe in for four seconds, hold for four seconds, breathe out for four seconds, hold for four seconds and repeat three to five times.
- If you're on a permanent roster, you can be allocated a permanent room where you can store clothing, toiletries and pillows. You can also request and be allocated a permanent locker in the Operations Hub. Here you can leave items that you routinely need when at work. For more information, ask your leader.

#### Where can I book a massage appointment?

Onsite remedial massage therapy is available Monday, Tuesday and Wednesday each week.

To book, scan the QR code on the right to be taken to the online booking page.



#### Where can I book a physiotherapy appointment?

Physiotherapy appointments are available on Wednesday, Thursday and Friday each week. Sessions are available in the village and onsite.

To book, scan the QR Code on the right to be taken to the online booking page.



#### Urgent appointments can be made by contacting the medical centre:

- **Phone:** 08 8672 8333
- **Email:** PHHealth@ozminerals.com

Opening hours are from 5:30 am to 5:30 pm.

After-hours is until 7:00 pm which will be managed by an ESO (Emergency Services Officer).

## **Fuelling your body**

Payla tucker (good food) is more than just tasty food. Your body is like an engine and needs a healthy diet fuelling it to be at its best.

What does this look like? Plenty of fresh fruits and vegetables (we're talking six to nine servings a day), a decent hit of protein-rich foods such as beef, fish, chicken or green beans and lentils and limiting the treats (we're looking at you, chocolate).

Staying hydrated is also important, so swapping out the midday fizzy for refreshing water will help you have enough electrolytes to keep your body humming along.

We understand that different bodies have different needs, so if you want to discuss your own dietary needs we are happy to help. Simply book a session with our chef at the Travel and Accommodation Office.

## **Keep moving**

Movement is medicine and the research shows us time and again the many benefits it has on both body and mind.

Regular exercise can help combat chronic disease, anxiety, depression and it just feels good! Every time you exercise your brain responds by increasing production of the body's feel-good chemicals, endorphins.

Just like taking regular breaks is important, making sure you maintain your exercise routines at Prominent Hill will help maintain your wellbeing.

## **Where can I get active?**

Take advantage of our established walking and bike tracks, go for a swim, get involved in some sports or hit up the fully kitted-out gym. You could even have some fun at our mini-golf course – just remember to make time to move in different ways!

So, while you might move a lot as part of your role, taking time out to stay active has many other benefits, from the feel-good endorphins and having fun to spending time with some mates in a team sport.

To find your way to our facilities, check out the map in our Getting There, Around and Accommodation guide.

## **Looking after your body**

Staying tuned in to what your body needs is a key part of your wellbeing. If you're feeling a bit stuck or need some help, our Health and Lifestyle coordinators onsite can help with your personal training and lifestyle choices. You can find out more information (and book induction sessions for some of our exercise facilities) at the Travel and Accommodation Office.

At any stage, if you feel something is not quite right, we have a health and medical centre onsite to assist you with any health concerns or work-related injuries.

For more information, check the **Working on Site guide**.