

(My)Pulse Check: Your New Year Mental Reset

The new year often represents a fresh start and an opportunity to look ahead. For many, particularly shift workers and volunteers, the festive period doesn't mean time off with family and loved ones. It may have been just another roster cycle, another night shift, another day of putting on your uniform to be there for the community while others are celebrating.

Whether you work on the frontline or not, this is your reminder: you don't have to wait for the "perfect time" to reset.

You can start today.

Step 1: Pause before charging ahead

Before racing into new goals, take a moment to check in with yourself.

Ask:

- How am I feeling physically, mentally, and emotionally?
- What drained me most last year?
- Do I feel connected to family and friends?
- What gave me energy and purpose? Am I making myself a priority?

Check where you're sitting on the [Mental Health Continuum](#), it could help you plan where you want to go from here, and the steps you need to take to get there.

Step 2: Set Real Goals, Not Resolutions

Resolutions can fizzle because they're vague or too ambitious. Instead, choose one or two small, clear goals for the next few months.

Examples:

- "Walk (or run!) for 20 minutes after two of my shifts each week."
- "Learn one new skill this quarter."
- "Try meal-planning to help eating habits while on the go"
- "Check in with a colleague or call a mate or family member once a week; just to catch up."

Small wins count and they're easier to keep up with when life is unpredictable.

Did you know **Wellbeing Support** developed a resource called "**Your Defence System**"? It's specifically designed for Tasmania's emergency services workforce and provides practical tips and self-assessment tools to stay on top of your sleep, physical activity and nutrition. Request a copy via wellbeing@dpfem.com.au.



Step 3: Build Your Mental Fitness

In emergency services, mental preparedness is essential to the job. Just like physical fitness, mental fitness needs training.

Some practical tools:

- Mindful minutes: Take 60 seconds to slow your breathing before a shift or after a tough call. Check out this simple [box-breathing tutorial](#) to get started.
- Recovery time: Protect short breaks when you can – even five minutes in fresh air can make a difference.
- Talk it out: Share the load with a trusted colleague, friend, or peer support member. Remember, there are resources and support available to you via [MyPulse](#) and [Wellbeing Support](#).

Step 4: Plan for Growth

Your professional skills matter, but your personal development matters too.

Look at the year ahead and ask:

- What training or development would help support me in my role?
- What personal skills (like communication, leadership, or wellbeing strategies) would make life easier in and out of work?
- Mark down one training course, webinar, or learning opportunity to complete in the next three months.

Step 5: Check Your Health

It's easy to put yourself last when you're busy helping others.

When was the last time you visited your GP for a general check-up? Regular check-ups are an important part of staying on top of your wellbeing, even if you're feeling fine. A quick visit can help identify any potential issues early and give you peace of mind about your overall health.

If you haven't completed a health and wellbeing screen on MyPulse for a while, it could be a simple, proactive way to stay on top of your wellbeing, both physical and mental; particularly if you have identified some goals for the year!

Visit [MyPulse](#) today and complete a mental screen or physical screen (or both!).

Let's Recap

You've been there for others; now it's time to make yourself a priority.

- ✓ Choose one small personal goal today.
- ✓ Complete a MyPulse Health Screen this month.
- ✓ Request a copy of **"Your Defence System"** via wellbeing@dpfem.com.au.
- ✓ Take five minutes after reading this to breathe, stretch, and reset.

(My)Pulse Check:
*refresh, refocus,
and reset for 2026*

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