



# LIVING IN RECOVERY

A digital, compassion  
focused approach to  
wellbeing after injury

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[livinginrecovery.com.au](http://livinginrecovery.com.au)



## A new program for workers with injury

Using **compassion focused approaches**, we help workers with injury maintain good **psychological, social and emotional wellbeing** during recovery.

Compassion has been proven to help us tackle life's challenges, reduce worry, frustration and anxiety, and cope more positively during difficult times.

### Guided online course now available

- Digital access** from the comfort of home
- Interactive modules including video and audio
- Support** from a trained practitioner
- Free for people with an active workers Compensation claim
- Developed in Australia by a team of psychologists and researchers

For more information, head to [livinginrecovery.com.au](http://livinginrecovery.com.au)



## Compassion during recovery

Guided by a trained practitioner

### Week 1

- Introduction to the program
- Understanding compassion

### Week 2

- Developing self-compassion
- Understanding social support

### Week 3

- Understanding psychological recovery

### Week 4

- Understanding emotional recovery
- Understanding social recovery

WORKUP FUND PARTNER: University of Newcastle



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