



# LIVING IN RECOVERY

A digital, compassion  
focused approach to  
wellbeing after injury

[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.

### Program features

- **Digital access** from the comfort of home
- Six interactive modules\* including **video and audio**
- Optional **weekly check-ins** with 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)

*\*Fluency in English is currently a requirement*



### NEW! Guided online course now available

Participants can now sign up for a four week online course **guided by a trained practitioner\***. We'll take you step by step through the key principles of building compassion in your own life.

*\*This is an optional support. Self-directed access is also available.*

#### Week 1

- Intake and getting started
- Module 1: Compassion and our tricky brains

#### Week 2

- Module 2: Three circles
- Module 3: Our inner critic

#### Week 3

- Module 4: Building our compassionate self
- Module 5: Working with complex emotions

#### Week 4

- Modules 6: Wrapping up
- Program evaluation

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