



## Performing Under Pressure

In collaboration with Converge International the Ministry of Health has developed the Performing Under Pressure [PUP] program that has been specifically designed to enhance JMO wellbeing. After receiving positive feedback on the pilot program are expanding the service across NSW.

### What is PUP?

PUP is a positive psychology coaching program that has been designed to support JMOs like you to thrive. Positive psychology focuses on wellbeing and the creation of a satisfying life filled with meaning, pleasure, engagement and accomplishment. It is not about putting on a happy face, sometimes life can be stressful, and challenges are inevitable.

However, there are evidence-based strategies that enable people to navigate these challenges more effectively and enable them enjoy life, despite the stress and challenges. Types of situations PUP can support JMOs with are:

- Managing stress
- Managing workload
- Learning to care without it becoming emotionally exhausted
- Enhancing all aspects of health and wellbeing

### Below is an outline of the program structure

#### SESSION 1 (1 HR)

- Reflect on your current work environment and personal challenges.
- Learn a variety of resilience strategies.
- Set goals and an action plan.

#### SESSION 2 (1 HR)

- Review your action plan, what worked and what could be done differently.
- Reset goals and create a new action plan.

#### SESSION 3 (1 HR)

- Review your action plan, what worked and what could be done differently.
- Reset goals and make ongoing commitments.