



The

UNBREAKABLE

FARMER



“I am on a mission...”

Lived Experience

Confronting



The

UNBREAKABLE

FARMER

My Story

Flood



Family Breakup





Drought

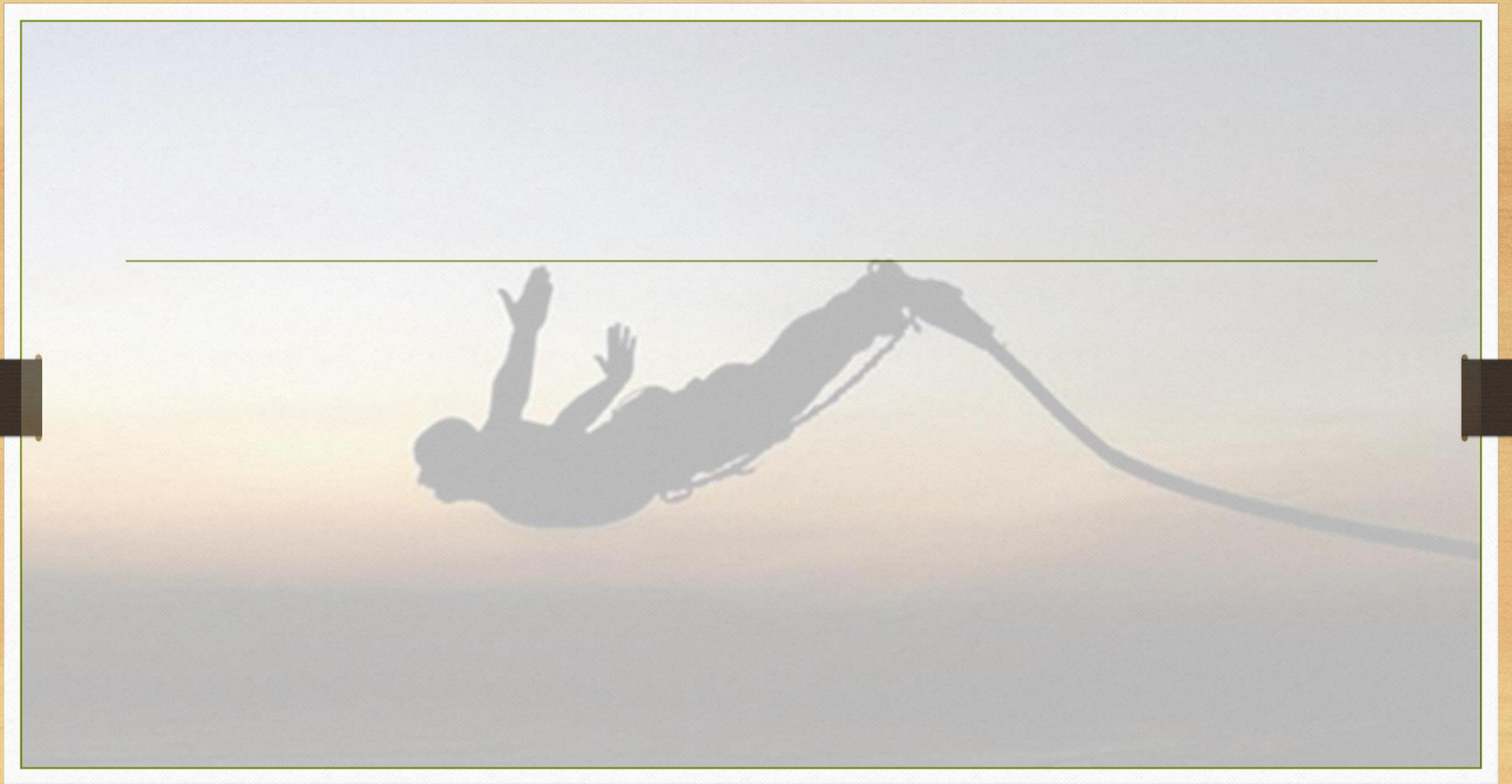
Two Feet of Perspective

Life gives us two choices

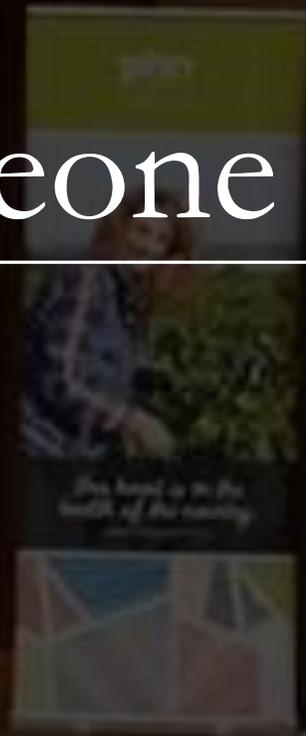
We can either become bitter or

We can become better

I chose to become **BETTER**... Warren Davies the Unbreakable Farmer



How Can I Help Someone





How Can I Help Someone

- Open Up Conversations
- Listen and Support
- Encourage Help Seeking

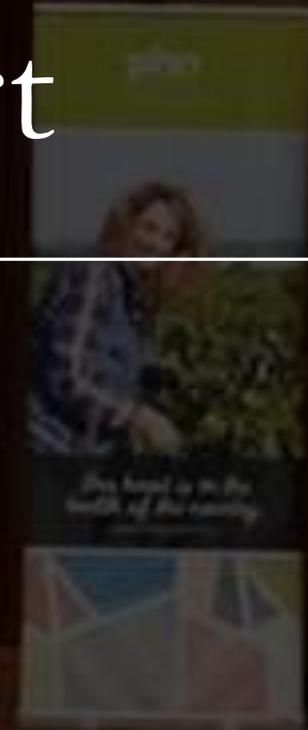
Open Up Conversations

- Be Empathetic
- Ask Open ended Questions
- Give The Person Your Undivided Attention
- Remain Non Judgemental
- Do Not Rush In With Advice



Listen and Support

- Listen Quietly
- Demonstrate Genuine Care
- Build Rapport



Encourage Help Seeking

- Resources
- Support Network
- Professional Services
- If Concerned with Persons Safety CALL 000
- Don't Forget To Check In

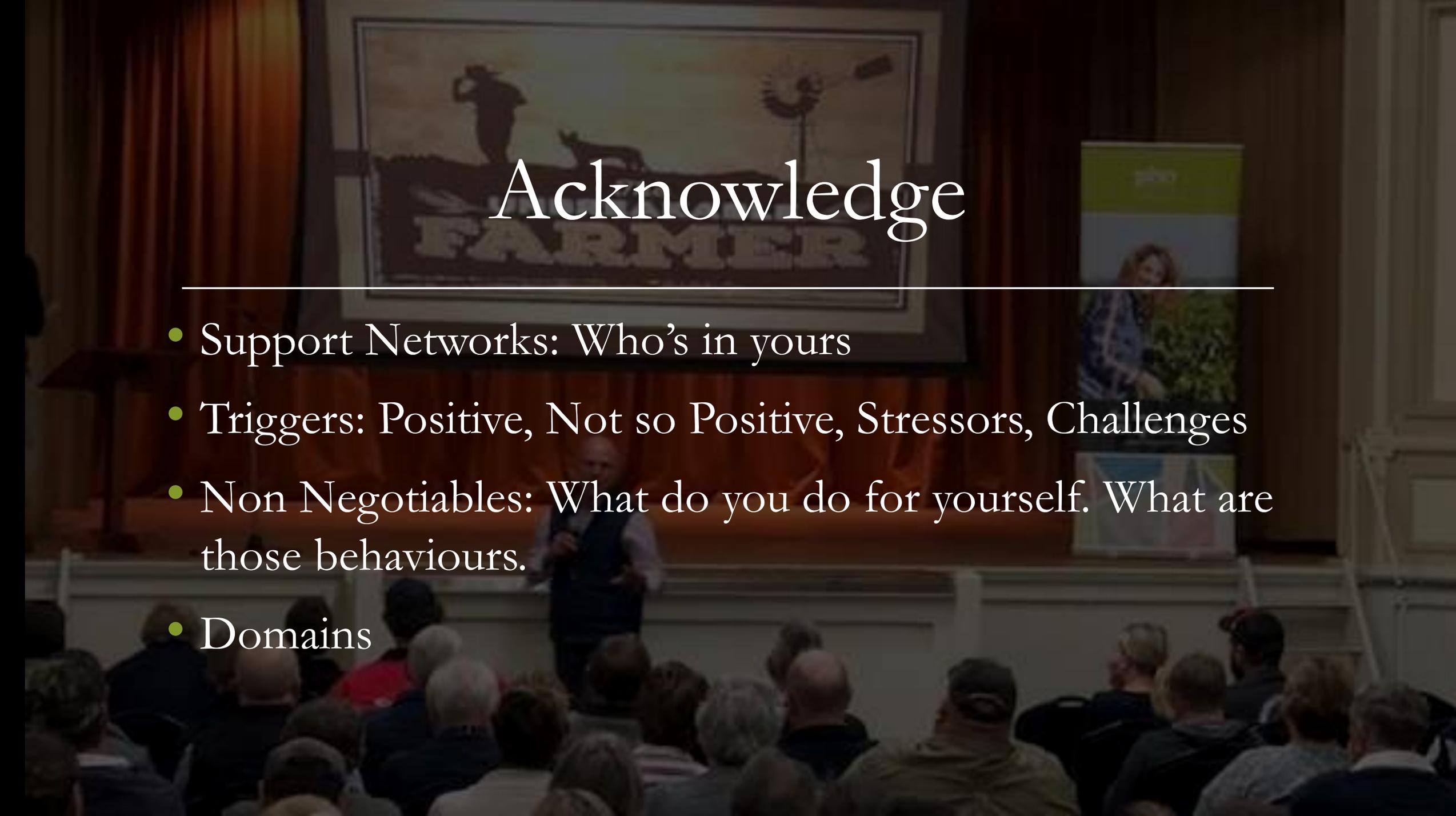
The 3 A's of Self Help





Awareness

- Emotional Understanding : Identify and Control
- Check Ins: With yourself and Others
- Wellbeing: Domains: Physical, Social, Self, Emotional, Intellectual, Vocational.
- Values: What do you live by



Acknowledge

- Support Networks: Who's in yours
- Triggers: Positive, Not so Positive, Stressors, Challenges
- Non Negotiables: What do you do for yourself. What are those behaviours.
- Domains

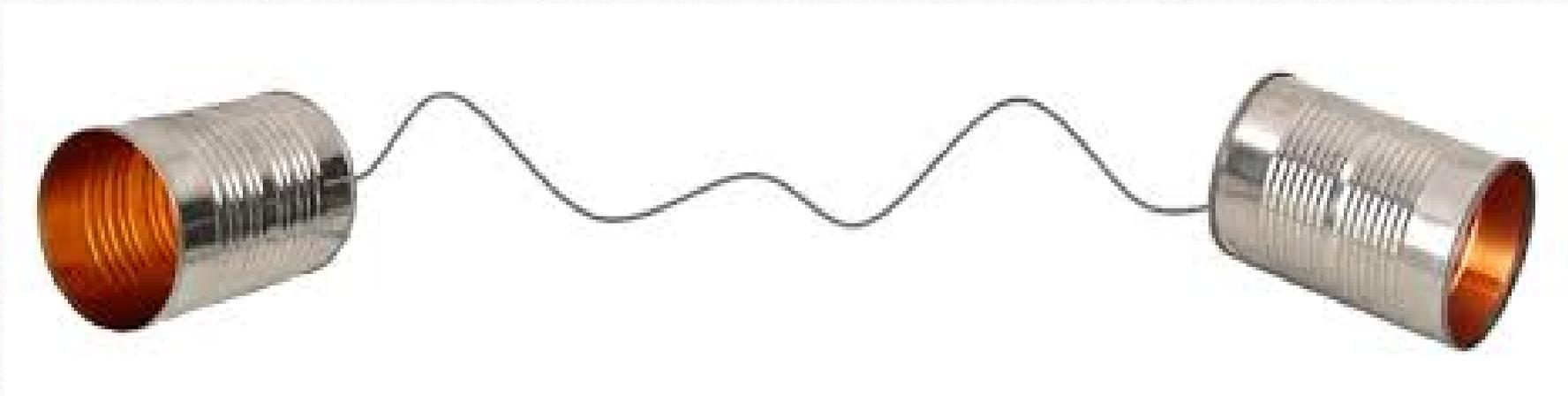


Action

- Control: What do you have power over.
 - Gratitude: Who? What? Why?
 - Mindfulness: Be Present. Live In The Moment. Focus On The Small Things. What You Can Control.
- 

My 3 Lessons

Communication is Key



Stay Connected



Seek Support Seek Support





*For our mates
in the bush*



Thank You

www.theunbreakablefarmer.com.au

