

# Tune In and Tune Up

## Free Drought and Wellbeing Webinars

Join Australian Red Cross in a five-part series of free webinars exploring drought and wellbeing. We have invited expert speakers along to share their insights with us so we can better support our own communities, ourselves and our loved ones in these tough times.

The webinars are free but limited to 500 attendees so click below and register for one or all five today!

### **1. Maintaining wellbeing through drought & prolonged stress (10-11am Wednesday 17 June)**

Gain a greater understanding of the effects and signs of prolonged stress, the science behind stress and practical ways to maintain wellbeing, support your community and loved ones.

**Speaker:** Dr. David Younger

Click or copy URL to register: [https://zoom.us/webinar/register/WN\\_tp40IoUIT9G3CHkri6pW4A](https://zoom.us/webinar/register/WN_tp40IoUIT9G3CHkri6pW4A)

### **2. The drought cycle; adaptation and strengthening resilience (10-11am Wednesday 1 July)**

Hear about the drought cycle, the cumulative challenges communities often face and key considerations at different stages of the drought cycle. Learn a bit about the psychology around adaptation in the face of this long-term stress and how to strengthen resilience and manage wellbeing through tough times.

**Speakers:** Dr. Jacki Schirmer and Dr. David Younger

Click or copy URL to register: [https://zoom.us/webinar/register/WN\\_FFOAv1QYRN-VwS12m5EXWg](https://zoom.us/webinar/register/WN_FFOAv1QYRN-VwS12m5EXWg)

### **3. Wellbeing after the rains (10-11.15am Wednesday 15 July)**

Hear from the Bureau of Meteorology on winter weather predictions and what rain means for the drought. Hear what the research says about wellbeing when communities are seen to be in drought recovery, strategies to help with things beyond your control and how to make the most of every day.

**Speakers:** Dr. Lynette Bettio, Dr. Jacki Schirmer and Dr. Kate Gunn

Click or copy URL to register: [https://zoom.us/webinar/register/WN\\_kDSi0XWITPqH4ro25gybog](https://zoom.us/webinar/register/WN_kDSi0XWITPqH4ro25gybog)

### **4. Family wellbeing in the face of ongoing stress (10-11.15am Wednesday 29 July)**

Hear what the research tells us about adult relationships, family roles and children's experience through droughts, alongside practical tips on how to support children as well as adult relationships.

**Speakers:** Dr. Margaret Alston, Stephanie Schmidt and Dr. Margaret Nixon

Click or copy URL to register: [https://zoom.us/webinar/register/WN\\_Bn-Q6FRBRAWdlRppLdQFcQ](https://zoom.us/webinar/register/WN_Bn-Q6FRBRAWdlRppLdQFcQ)

### **5. Preparing for tough times (10-11.15am Wednesday 12 August)**

Listen to a bit of an introduction on preparedness in the drought space and the importance of preparing the mind for challenging times. Includes tools and tips to support drought resilience and preparedness.

**Speakers:** Dr. Jacki Schirmer, Dr. Mel Taylor and Shannon McCormack

Click or copy URL to register: [https://zoom.us/webinar/register/WN\\_77YhW0vwTXaMnA0WH84ubw](https://zoom.us/webinar/register/WN_77YhW0vwTXaMnA0WH84ubw)



# Who we will be hearing from

## Dr. David Younger

A Clinical Psychologist with extensive experience providing support and assistance to communities throughout Australia affected by natural disasters and emergencies. David places a focus on the social environment of community and the use of community networks and resources in driving support.

## Dr. Jacki Schirmer

An Associate Professor at the University of Canberra. Jackie leads the Regional Wellbeing Survey that examines the views of rural Australians about the liveability and resilience of their community and wellbeing. Jacki's personal research interests focus on the social dimensions of natural resource management and the impacts of events such as drought.

## Dr. Lynette Bettio

A senior climatologist in the Climate Monitoring team at the Bureau of Meteorology. Lynette examines and communicates on variability and changes to Australia's climate including long-term trends in rainfall and temperature and the interaction with extreme events.

## Stephanie Schmidt

A Clinical Psychologist and farmer in South Australia. She lives with her husband and two young sons and is passionate about developing a resilient rural Australia. Steph combines her psychological knowledge with her lived experience of farming life to provide easy to understand strategies to improve health and wellbeing.

## Dr. Kate Gunn

Kate grew up on a farm west of Adelaide and works as a Clinical Psychologist in the Department of Rural Health at UniSA, researching how best to promote farmers' wellbeing. She is the founder of [www.ifarmwell.com.au](http://www.ifarmwell.com.au), a free website designed to help farmers cope with things beyond their control (like the weather).

## Dr. Margaret Alston

A Professor at the School of Humanities and Social Science at Newcastle University. Previously the head of Social Work at Monash University, she has a focus on rurality and gender and has published widely in the field of gender and disasters, social work and rural social issues.

## Dr. Mel Taylor

An Occupational Psychologist based in the School of Psychology at Macquarie University. Her research focusses on preparedness, response and recovery to events such as pandemics, terrorism, emergency animal diseases, and disasters. Key areas of research interest are psychosocial response and recovery, uptake of protective behaviours and risk communication strategies.

## Dr. Margaret Nixon

Has over 20 years experience in education and research in the field of children's mental health and wellbeing and trauma. She has worked in various education settings in Australia and overseas and is currently a senior trauma specialist at ACATLGN at the ANU.

## Shannon McCormack

Has over 20 years in Agribusiness, including beef production, equine performance horse industry and a number of years in rural merchandise sales. Shannon studied a Dip Ag Bus and has managed agribusiness banking portfolios. Now working with the Rural Financial Counselling Service – Northern Region.

**Can't join us?** Fear not! Recordings will be made available at <https://www.redcross.org.au/drought-resilience-program>. Any problems registering please contact [drought@redcross.org.au](mailto:drought@redcross.org.au)