



*An online resource to promote wellbeing and smoking cessation strategies for Aboriginal health staff.*

## CONTINUING PROFESSIONAL DEVELOPMENT CERTIFICATE

### **I have visited the Tackle the Triggers online resource and acknowledge that I have:**

- ✓ Followed the journey line to reflect on the range of challenges that Aboriginal health workers face during a typical working day
  - ✓ Looked through the strategies on either side of the journey line, which provides quotes, videos, links and information for how to manage triggers and lead a life of greater wellbeing
  - ✓ Visited the My Personal Journey section at the bottom of the webpage to reflect on what I can do to contribute to a healthy workplace culture and what I can do to support colleagues who want to quit smoking
- (and for smokers interested in quitting...)**
- ✓ Looked over the materials in the My Personal Journey tab to identify my smoking triggers, motivations for quitting and what I can do to move towards quitting

*This online CPD activity is worth 2 CPD points.*

You can save this certificate and upload it onto your member's portal on the NATSIHWA website at [www.natsihwa.org.au](http://www.natsihwa.org.au)

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