



GUMS Volunteer Wellbeing Pack 2020

This is a GUMS document designed to help volunteers look after their own wellbeing while feeling supported in their GUMS role.

Burnout

When stress becomes overwhelming, it can lead to burnout which can be destructive. There are many signs of burnout:

- feeling exhausted and unable to perform tasks
- losing motivation
- feeling unable to focus or concentrate on tasks
- feeling empty or lacking in emotion
- losing your passion and drive
- experiencing conflict
- withdrawing emotionally from friends or team members.

Managing Stress

It is important to manage stress in order to prevent burnout. Deal with stress and anxiety by practicing mindfulness, having an outlet to destress and talking with people you trust. When faced with stressors in your role as a GUMS volunteer, here are some tips:

- Ask yourself:
 - o What is the issue?
 - o Can I do something to change it?
 - o If so, what?
 - o Do I need help with this?
- Take a night off to have a break and re-energise
- List the things stressing you out and tackle each part one by one
- Create a plan with actionable steps and manageable points
- Talk with a GUMS executive member or someone you trust about how you're feeling
- If you are thinking about suicide or experiencing a personal crisis help is available. Please contact:
 - o **Lifeline:**
 - 13 11 14
 - Chat online <https://www.lifeline.org.au/about-lifeline/contact-us>
 - o **Queensland Doctors Health Program**
 - 07 3833 4352
 - Or visit online <https://dhasq.org.au/>
 - o **Black Dog Institute**
 - Visit online <https://www.blackdoginstitute.org.au/getting-help>



Who do I go to for help and support in GUMS?

Each portfolio is looked after by the GUMS Treasurer, Secretary, AMSA representative or a Vice-President. The president overlooks all portfolios

- All Portfolios:
 - o Wadie Rassam (President)
- Gold Coast:
 - o Gayatri Bhagwat (VP)
 - Academic Officer, management committee and subcommittees
 - Wellbeing Officer, management committee and subcommittees
 - o Lachlan Paterson (VP)
 - Social Officer, management committee and subcommittees
 - Med Revue
 - Graduation Committee
- Sunshine Coast:
 - o Janis Fernandes (VP)
 - Academic Officer, management committee and subcommittees
 - Wellbeing Officer, management committee and subcommittees
 - Social Officer, management committee and subcommittees
- Both Campuses
 - o Secretarial Portfolios:
 - Nicole Chen (Secretary)
 - Social media/Engagement Officers and subcommittees
 - Publication and Design Officers and subcommittees
 - IT Officer
 - o AMSA Portfolio:
 - Kiera Stanmore (AMSA Rep)
 - Junior AMSA Rep
 - o Advocacy Portfolio:
 - Timothy McErlane (Advocacy Officer)
 - Year level advocacy representatives
 - Indigenous representatives
 - Hospital representatives
 - o Treasury Portfolios:
 - Eric Tan (Treasurer)
 - Sponsorship Officer
 - Merchandise Officer
 - Membership Benefits Officer

Alternatively, talk to another member of the GUMS executive.

Additional Documents

- This document is part of the GUMS Volunteer Wellbeing and Burnout By-law
- Volunteers can arrange a Blackout period with GUMS executive. This is detailed in the *Volunteer Wellbeing and Burnout By-Law*.
- Volunteers can create a Professional Development Plan with GUMS executive. This is detailed in the *Volunteer Wellbeing and Burnout By-Law* and the template is available online.