

HOW IT WORKS

Practical, one-to-one support

Over ten weekly sessions, in person at North Lakes or by telehealth, you'll work with your counsellor on what matters most for your recovery and your return to work.

Each week you receive

- A session guide with a practical tool to try
- A support toolkit of free government and community services

Seeing your progress

The Mindful Capacity Index (MCI) is a short check-in in weeks 1, 5 and 10 across five areas:

- D** Distress
- P** Pain & function
- F** Fear & worry
- W** Work & social
- C** Confidence

Your treating team stays in the loop

With your consent, we send your doctor a short update after each session.

"Recovery is not a straight line. Every step still counts."

CONTACT US

(07) 3608 1355

referrals@eclosia.au · eclosia.au



Scan to book a free 15-minute call

T08, Serviced Office 7, 23 Discovery Drive
North Lakes QLD 4509 · Telehealth across Queensland

HELP WITH A CLAIM

WorkCover Queensland **1300 927 928**

Workers' Psychological Support Service **1800 370 732**

NEED SUPPORT NOW?

Lifeline (24/7) **13 11 14**

1300 MH CALL (24/7) **1300 642 255**

13YARN (24/7) **13 92 76**

Emergency **000**



Your counsellor
Davina Williams
Principal Rehabilitation Counsellor



MINDFUL WELL-RECOVERY™

Your ten-week recovery program

Pathway A · Mental & Emotional Adjustment

Recover · Rebuild · Return



ECLOSIA
COUNSELLING & REHABILITATION

Eclosia Counselling & Rehabilitation is a trading name of Mindful Building Solutions Pty Ltd, ABN 87 676 783 172. Eclosia is not a crisis service.

Your ten weeks

Each week has a clear focus, a tool to try and trusted places to get more help. Your counsellor may adjust the order to suit you.

01 **Getting started: your first session and goals**

MCI

What's changed since your injury, and where would you like to get to?

02 **Understanding stress and mental load**

Why everything feels harder right now, and how to lighten the load.

03 **Managing worry and overthinking**

Practical ways to quieten a busy mind.



04 **Sleep: resetting your routine**

Giving your body its best chance of real rest.

05 **Progress check: what's working, what's in the way** MCI

Taking stock halfway through, and adjusting the plan.

06 **Financial stress and uncertainty**

Coping with reduced income, and knowing where free help is.

07 **Confidence and self-belief**

Rebuilding trust in your ability to cope.

08 **Communication and support systems**

Talking to others, and asking for help without guilt.

09 **Coping with work impact and preparing to return**

Rebuilding your working self, one safe step at a time.

10 **Maintaining progress: your forward plan** MCI

A simple, personal plan for staying on track.

Getting started

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“Small steps, taken every week, add up to real change.”

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02 **Understanding stress and mental load**

Why everything feels harder right now, and how to lighten the load.

03 **Pain, pacing and energy**

Understanding pain, and avoiding the boom-and-bust cycle.



04 **Sleep: resetting your routine**

Giving your body its best chance of real rest.

05 **Progress check: what's working, what's in the way** **MCI**

Taking stock halfway through, and adjusting the plan.

06 **Financial stress and uncertainty**

Coping with reduced income, and knowing where free help is.

07 **Confidence and self-belief**

Rebuilding trust in your ability to cope.

08 **Identity and life changes**

Adjusting to what's changed, and reconnecting with what hasn't.

09 **Coping with work impact and preparing to return**

Rebuilding your working self, one safe step at a time.

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01 Starting point: the whole picture **MCI**
Understanding your recovery across body, mind and daily life.

02 The stress and pain connection
How stress turns up the volume on pain, and how to turn it down.

03 Managing tough days
When pain flares and everything feels harder: tools to get through.



04 Sleep, fatigue and energy
Why recovery is exhausting, and how to work with your energy.

05 Progress check: what's working, what's in the way **MCI**
Taking stock halfway through, and adjusting the plan.

06 Navigating your claim and financial pressure
Making sense of the paperwork, the people and the money.

07 Adjusting expectations and identity
Making peace with where you are now, while still holding hope.

08 Confidence across life areas
Rebuilding self-assurance at work, at home and in daily life.

09 Talking with your employer and returning to work
Finding your voice, and planning a safe, staged return.

10 Maintaining progress: your forward plan **MCI**
A simple, personal plan for staying on track.

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