

# UniSA 2025 Wellbeing Framework

*UniSA staff can access the following wellbeing initiatives in 2025 to support the 5 pillars of wellbeing*

## Physical Wellbeing

**Focuses on physical activity, nutrition, sleep hygiene and overall health**

Wellbeing Gateway  
Wellbeing webinars  
Wellbeing Event Calendar  
Influenza Vaccine Program  
Skin, health and nutrition checks  
Discounted Uni Health Clinics fees  
Corporate Health Insurance Discount  
Metropolitan campus gym memberships salary sacrificed

## Mental/Emotional Wellbeing

**Includes stress management, positive mindset, coping mechanisms and emotional regulation**

Wellbeing Gateway  
Wellbeing webinars  
Wellbeing Event Calendar  
Discounted Uni Health Clinics fees  
Employee Assistance Program including Manager Assist  
Critical Incident Response support  
Mental Health First Aid Training  
Supporting psychosocial safety in the workplace – hazard and risk management

## Social Wellbeing

**Emphasizes quality relationships, connections with others and a sense of belonging**

Wellbeing Gateway  
Wellbeing webinars  
Wellbeing Event Calendar  
Employee Assistance Program  
Critical Incident Response support  
Promote Mental Health Events  
Graduation Volunteering  
Cultural Leave  
Special Leave provisions

## Financial Wellbeing

**Deals with managing finances, budgeting, debt reduction and financial security**

Wellbeing Gateway  
Wellbeing webinars  
Wellbeing Event Calendar  
Employee Assistance Program  
UniSuper Seminar Series  
Life360 UniSuper Health Support Services  
UniSuper Financial Wellbeing Hub Resources and Tools  
UniSuper campus consultations  
Salary Sacrificing options

## Career Wellbeing

**Focuses on work-life balance, job satisfaction, career development and professional growth**

Wellbeing Gateway  
Wellbeing webinars  
Wellbeing Event Calendar  
Employee Assistance Program  
Manager Assist  
Professional Development Training  
Academic Promotion

**Further Adelaide University Wellbeing Initiatives will be available in 2026**