

Action	How to encourage it in blog posts
<i>Get more students to read the blog</i>	Advertise the blog around the university on the digital screens.
<i>Get students to attend one of our therapeutic programs (e.g. Mindfulness for Academic Success)</i>	Explain who the program is suitable for ('is this program relevant to me?'). Make it clear and easy to register for the program (e.g. one-click to email or complete registration form). Get students who have attended the program to write guest posts on what they got out of it. Include more student feedback in the posts about the programs.
<i>Get students to read one of our self-help resources</i>	Format our self-help resources to display well on mobile devices. Make it clearer what each of the self-help resources is intended to do.
<i>Get students to develop their own high-quality information stream on the topic of health and wellbeing</i>	Use the blog to post links to resources that I, and other health service staff use in an ongoing way for our own wellbeing ('recommended resources').
<i>Get students to implement a new habit or routine with the goal of improving their productivity or wellbeing.</i>	Write blog posts on my own experimentation with implementing that habit in my own life. Invite students to join me in these experiments. Encourage students to share their stories of their own attempts to improve wellbeing and post these.
<i>Get students to access services relevant to the challenges they are facing</i>	When posting links to external services, make it very clear the nature of the services they provide and what students would find them most helpful.
<i>Get students to engage in self-reflection and self-evaluation</i>	Use blog posts to model the process of self-reflection and provide specific tools and reflection questions.
<i>Help students forge new connections</i>	More posts on the blog about the socially oriented events that occur around the university. Raise awareness of the diversity of events and people on campus.
<i>Encourage students to share our resources with other students</i>	Improve the 'share' options on the blog so students can easily share blog posts to social media or email. Encourage students to write for the blog.
<i>Encourage students to read widely in relation to health and wellbeing</i>	Develop a library of books or a bookclub or a recommended reading list that lives permanently on the blog and gives students good starting points for reading on a variety of health and wellbeing topics.
<i>Get students to practice new skills related to wellbeing and productivity</i>	Use the blog to promote monthly 'challenges' that invite students to learn a new wellbeing or productivity skill. Collate their experiences (anonymously) and publish as a blog post to encourage other students to try it themselves.
<i>Help students define their direction and purpose</i>	Series of blog posts that try to unpick the steps and stages of finding meaning and purpose.
<i>Encourage students to have fun</i>	More posts on the blog about the leisure events that occur around the university.
<i>Get students to develop routines and schedules and get better organised</i>	More practical blog posts that actually provide scheduling tools and worked examples.
<i>Encourage students to explore their creative sides</i>	Run competitions that encourage students to submit entries for a prize.
<i>Get students to notice and admire beauty in the natural and built environments around Flinders.</i>	Use images taken from the university environment for blog posts.
<i>Get students to recommend content for the blog or rate the content we are producing.</i>	Embed polls into some of our posts to gather anonymous feedback on the content we are producing.