

# “AWAKENING WELLNESS”

This month we are bringing you **“The Five Essentials to Nurture Yourself”**

We hope that you enjoyed the Wellness Challenge last week and found it beneficial.

With the seemingly-endless lockdowns and the uncertainty facing our industry, it's easy to put self care on the back burner. We know that self care means different things to different people, and we just hope that our top five essentials will inspire you to think about your own.

An EWC Committee Member who wishes to remain anonymous, is a fabulous photographer and has kindly shared some of their stunning shots to inspire you and get you started...



## One: See beauty in the little things



## Two: Chase a sunrise or sunset



## Three: Take time out for yourself



## Four: Check in with a friend or family member



## Five: Try something new - focus the mind on a different creative task





### **Calling all WESTERN AUSTRALIANS!**

EWC Committee Member Aimee Davies, Founder of Hey Mate, in conjunction with funding from The City of Canning is facilitating this awesome session!

Have you ever wanted to help a friend or colleague who is struggling but haven't really been sure what to do? Mental Health First Aid Training gives you all the tools you'll need to be able to provide that support.

**Hey Mate** is offering FREE Mental Health First Aid courses (normally \$220)

You will receive:

- + A Mental Health First Aid Manual
- + Standard Mental Health First Aid Training over two days
- + A Certificate of Accreditation (if you complete all the components)

**Book your place fast as spots are filling! 23-24 September (9am – 5pm AWT) face to face.**

[https://www.eventbrite.com.au/e/standard-mental-health-first-aid-presented-by-the-hey-mate-project-tickets-168384575799?utm\\_campaign=post\\_publish&utm\\_medium=email&utm\\_source=eventbrite&utm\\_content=shortLinkNewEmail](https://www.eventbrite.com.au/e/standard-mental-health-first-aid-presented-by-the-hey-mate-project-tickets-168384575799?utm_campaign=post_publish&utm_medium=email&utm_source=eventbrite&utm_content=shortLinkNewEmail)

### **CRISIS RELIEF GRANTS FOR LIVE PERFORMING ARTS WORKERS**

Support Act have been provided with a crisis relief fund that is not only for Musicians, but ALL Live Performing Arts Industry workers. However, funding is being accessed at a high rate so if you are eligible, please apply now so that you can access this. To access this initiative, please go to:

[Crisis Relief Grants for Live Performing Arts workers - Support Act - Support Act](#)



Lastly, don't forget to check out the Equity Wellness Facebook page for some great resources, tips and information, with more added every Wednesday.

Give it a like while you're there too!

<https://www.facebook.com/EquityWellness>

Take care and be well...Your Equity Wellness Committee X