

Equity Wellness Challenge

NAME

DATE

HOW I'M FEELING PHYSICALLY

HOW I'M FEELING MENTALLY

Welcome to the Equity Wellness Challenge!

This challenge has been crafted by healthcare professionals and performers and contains a set of tasks to be completed within one week.

It is designed to both challenge you and stimulate personal reflection.

Think of this week as being a personal experiment, where you are the subject and there are a range of offerings for you to try.

Once completed, take stock and see if there is anything you'd like to commit to integrate into your ongoing wellness practices.

If you have social media platforms, we encourage you to post about the challenge online on day one and then again upon completion using the hashtag

#equitywellnesschallenge

Of course, this isn't mandatory but sometimes having that extra bit of external accountability can help you to stay on track and may also encourage those around you to take up the challenge as well!

For the most part, this booklet is all you'll need to guide you through the week. Some of your daily challenges can be filled out in the booklet and some require some pen and paper or access to some online materials.

It's our hope to encourage good ongoing self care practices, if you find at any time you are requiring crisis support please see the numbers on the back page of this document.

Best of luck for the week and good on you for taking up the challenge!
No matter where you are on your personal journey towards better health, we wish you well!!

The Challenge

THE EQUITY WELLNESS CHALLENGE HAS THREE STRANDS!
THEY ARE ABSTINENCE, GRATITUDE AND A DAILY CHALLENGE.



ABSTINENCE

BREAK A HABIT OR PRACTICE ABSTAINING FROM SOMETHING FOR THE WEEK. EG. COFFEE/CAFFEINE, ALCOHOL, SUGAR, MEAT OR SOCIAL MEDIA. HUMANS ARE CREATURES OF HABIT AND THE FORMING OF HABITS IS OF GREAT VALUE. SO A GOOD QUESTION TO ASK OURSELVES IS, "WHICH HABITS ARE BETTER TO FORM THAN OTHERS?" PRACTICING THE BREAKING OF HABITUAL BEHAVIOUR REINFORCES OUR DISCIPLINE AND REMINDS US THAT WE CONTROL OUR HABITS AND NOT THE OTHER WAY ROUND. SO FORM GOOD HABITS AND WORK TO BREAK BAD ONES!

THIS WEEK, I WILL BE ABSTAINING FROM:

GRATITUDE

HAVE A DAILY GRATITUDE PRACTICE.
SIMPLY WRITE DOWN THINGS HOWEVER BIG AND OR SMALL THAT YOU ARE THANKFUL FOR EVERY MORNING.
IT NEED ONLY TAKE A FEW MINUTES. WHILE YOU WRITE THIS DOWN ALSO SET A THOUGHT OR INTENTION FOR THE DAY. IT CAN BE AS BROAD AS "KINDNESS" OR "GENTLE" OR AS SPECIFIC AS "DON'T BECOME DEFENSIVE WHEN I RECEIVE FEEDBACK" OR "CALL MUM."

DAILY CHALLENGE

THERE WILL ALSO BE A SPECIFIC DAILY TASK THAT WILL CHALLENGE YOU TO THINK OF YOUR PERSONAL WELLNESS IN DIFFERENT WAYS. YOU'LL FIND THESE OUTLINED ON THE PAGES OF THIS BOOKLET.

PLEASE NOTE: YOUR DAILY CHALLENGE FOR DAY FIVE REQUIRES YOU TO PLAN AHEAD, SO JUMP FORWARD TO TAKE A LOOK AT THIS NOW.

IF YOU HAVE TO SWAP ONE DAILY TASK FOR ANOTHER DUE TO YOUR SCHEDULE PLEASE DO, IT'S YOUR WELLNESS WEEK!

MOST IMPORTANTLY - TRY AND ENJOY THIS WEEK. IF YOU FALL OFF THE WAGON DON'T DESPAIR, THERE IS ALWAYS ANOTHER DAY AND ANOTHER OPPORTUNITY TO BEGIN AGAIN.

DAY ONE

THREE THINGS I'M GRATEFUL FOR TODAY:

1. _____
2. _____
3. _____

INTENTION

MY INTENTION FOR TODAY IS:

DAILY CHALLENGE - MEDITATE

SIT STILL AND MEDITATE FOR A WHILE.

GO TO THE LINK BELOW, SCROLL DOWN TO CLICK ON "WELLNESS KIT" AND SCROLL DOWN AGAIN FOR A FEW OPTIONS OF MINDFULNESS EXERCISES THAT ARE TAILORED FOR PERFORMERS AND CREATIVES. IF YOU'D PREFER TO USE YOUR OWN, THAT'S PERFECTLY FINE TOO! EITHER WAY, ADD A LITTLE MORE CALM TO YOUR DAY!

[HTTPS://WWW.MEAA.ORG/CAMPAIGNS/EQUITY-WELLNESS/](https://www.meaa.org/campaigns/equity-wellness/)

JOURNAL

DAY TWO

THREE THINGS I'M GRATEFUL FOR TODAY:

1. _____
2. _____
3. _____

INTENTION

MY INTENTION FOR TODAY IS:

DAILY CHALLENGE - EXERCISE

GO FOR A RUN, PLAY A SPORT, DO A YOGA CLASS. ANYTHING WILL DO, BUT TRY AND REALLY CHALLENGE YOURSELF WITH SOMETHING NEW OR DIFFICULT!

TODAY MY EXERCISE OF CHOICE WILL BE

JOURNAL

DAY THREE

THREE THINGS I'M GRATEFUL FOR TODAY:

1. _____
2. _____
3. _____

INTENTION

MY INTENTION FOR TODAY IS:

DAILY CHALLENGE - RANDOM ACT OF KINDNESS

DO SOMETHING UNEXPECTED EITHER FOR A FRIEND OR A STRANGER.

BUY A COFFEE FOR SOMEONE, BRING SOME FLOWERS TO A FRIEND OR JUMP ONLINE AND DONATE SOME MONEY TO A CHARITY YOU SUPPORT.

REMEMBER: THE RECIPIENT IS THE RANDOM PART, NOT THE ACT.

TODAY MY ACT OF KINDNESS WILL BE

JOURNAL

DAY FOUR

THREE THINGS I'M GRATEFUL FOR TODAY:

1. _____
2. _____
3. _____

INTENTION

MY INTENTION FOR TODAY IS:

DAILY CHALLENGE - SAY THANK YOU

WRITE A LETTER OF GRATITUDE
TO SOMEONE YOU MAY NOT NECESSARILY EXPRESS IT TOO.

ONCE YOU'VE WRITTEN THE LETTER SEND IT OR EMAIL IT TO THEM,
OR BETTER YET RING OR VISIT THEM AND READ IT ALOUD.

TODAY I WROTE A LETTER TO

JOURNAL

DAY FIVE

THREE THINGS I'M GRATEFUL FOR TODAY:

1. _____
2. _____
3. _____

INTENTION

MY INTENTION FOR TODAY IS:

DAILY CHALLENGE - BE SOCIAL

PLAN A SOCIAL INTERACTION WITH SOMEONE YOU'VE BEEN WANTING TO RECONNECT WITH.

A PHONE CALL OR SKYPE WILL DO IF THEY ARE FAR AWAY.

FOR MY SOCIAL OUTING TODAY, I

JOURNAL

DAY SIX

THREE THINGS I'M GRATEFUL FOR TODAY:

1. _____
2. _____
3. _____

INTENTION

MY INTENTION FOR TODAY IS:

DAILY CHALLENGE - FORGIVE

AS AN EXERCISE WRITE A LETTER TO SOMEONE FORGIVING THEM FOR A MISTAKE THEY'VE MADE THAT MAY HAVE HURT YOU. IT COULD EVEN BE A LETTER TO YOURSELF.

DON'T SEND IT, BUT IT MAY HELP YOU TO LET GO OF SOMETHING THAT YOU'VE BEEN HANGING ON TO.

FORGIVENESS CAN BE HARD, SO DON'T BE HARD ON YOURSELF IF THIS CHALLENGE STIRS UP SOME EMOTION. BE KIND TO YOURSELF TODAY AND BE SURE TO PICK A RECIPIENT WHO YOU THINK DESERVES YOUR FORGIVENESS.

MY FORGIVENESS LETTER TODAY IS ADDRESSED TO

JOURNAL

DAY SEVEN

THREE THINGS I'M GRATEFUL FOR TODAY:

1. _____
2. _____
3. _____

INTENTION

MY INTENTION FOR TODAY IS:

DAILY CHALLENGE - POST SOMETHING POSITIVE + REFLECT

JUMP ON YOUR SOCIAL MEDIA AND POST SOMETHING POSITIVE
OR EVEN POST ABOUT HOW YOUR CHALLENGE WENT.

DON'T FORGET TO USE THE HASHTAG
#EQUITYWELLNESSCHALLENGE

IF YOU AREN'T ON SOCIAL MEDIA SEND A POSITIVE MESSAGE TO A FEW
FRIENDS, OR TELL A FRIEND ABOUT THIS CHALLENGE WHO YOU THINK
WOULD BENEFIT FROM IT.

JOURNAL

A Space For Reflection

MY FAVOURITE PART OF THE CHALLENGE THIS WEEK WAS:

MY LEAST FAVOURITE PART OF THE CHALLENGE THIS WEEK WAS:

THE DAILY CHALLENGE THAT MADE ME FEEL THE BEST WAS:

MY WEEK OF ABSTINENCE TAUGHT ME:

Wellness Challenge Completion

CONGRATULATIONS ON COMPLETING THE EQUITY WELLNESS CHALLENGE

WE HOPE THE WEEK HAS BEEN A POSITIVE EXPERIENCE FOR YOU AND PERHAPS YOU'VE LEARNT SOMETHING NEW ABOUT SELF CARE.

IF YOU HAVE ANY THOUGHTS OR FEEDBACK TO SHARE ABOUT THIS CHALLENGE PLEASE EMAIL

EQUITYWELLNESS@MEAA.ORG.

CRISIS SUPPORT

IF YOU REQUIRE CRISIS SUPPORT,
PLEASE CONTACT THE APPROPRIATE SERVICE LISTED BELOW:

SUPPORT ACT WELLBEING HELPLINE
ON 1800 959 900
[HTTPS://WWW.ARTSWELLBEINGCOLLECTIVE.COM.AU](https://www.artswellbeingcollective.com.au)

LIFELINE:
ON 13 11 14
[HTTPS://WWW.LIFELINE.ORG.AU/](https://www.lifeline.org.au/)

SUICIDE CALL BACK SERVICE:
ON 1300 659 467
[HTTPS://WWW.SUICIDECALLBACKSERVICE.ORG.AU/](https://www.suicidecallbackservice.org.au/)

BEYOND BLUE:
ON 1300 22 4636
[HTTPS://WWW.BEYONDBLUE.ORG.AU/GET-SUPPORT/](https://www.beyondblue.org.au/get-support/)

EHEADSPACE:
AT [HTTPS://EHEADSPACE.ORG.AU/](https://eheadspace.org.au/)

KIDS HELP LINE:
ON 1800 55 1800
[HTTPS://KIDSHELPLINE.COM.AU/](https://kids helpline.com.au/)

