

# Equity Wellness 'Re-Charge' Challenge



**The Equity Wellness Committee acknowledges the Australian Aboriginal and Torres Strait Islander peoples of this nation.**

**We wish to acknowledge and celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples, both within our union and the wider community.**

**We pay our respects to ancestors and Elders, past and present.**

**The Equity Wellness Committee is committed to honouring Australian Aboriginal and Torres Strait Islander peoples' unique cultural and spiritual relationships to the land, waters and seas and their rich contribution to society.**

# Equity Wellness 'Re-Charge' Challenge

NAME

DATE

HOW I'M FEELING PHYSICALLY

HOW I'M FEELING MENTALLY

## Welcome to the Equity Wellness 'Re-Charge' Challenge

This re-charge 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, help you re-charge 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 and share any reflections within your community.

**#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 'Re-Charge' Challenge

The Equity Wellness re-charge Challenge has three strands.  
They are Gratitude, Achievements and a Daily Challenge.



## GRATITUDE

Expressing gratitude is one of the fastest and EASIEST ways to boost your positivity.

It has the ability to heal and energise you, and change your life.

So, start each day with a daily gratitude practice.

Each day write down 3 things however big or small that you're GRATEFUL for.

## ACHIEVEMENTS

As an arts community, there is no denying that we are in the midst of incredibly challenging times.

However, the resilience that we have grown so accustomed to cultivate has proven how incredibly creative and strong we really are.

So, each day throughout this challenge, we encourage you to pause and take stock of your achievements.

Write down something you're proud of in that moment or something you've achieved recently that has made you feel a great sense of personal pride.

## 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 writeable booklet.

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. \_\_\_\_\_

## ACHIEVEMENTS

WHAT ARE YOU PROUD OF TODAY?

## DAILY CHALLENGE - MINDFULNESS

"Mindfulness is the practice of paying attention to the present moment, intentionally and without judgement.

It helps us to see things as they are, with clarity and cultivates an awareness and acceptance of our present moment reality.

Mindfulness is a practice of self-observation, which can lead to behavioral changes.

By training the mind, just like you would train any muscle in your body, mindfulness can allow you to break free from habitual patterns of perception and reaction, shifting away from avoidance behaviors and gradually moving toward acceptance and equanimity.

Mindfulness can be practiced in a formal way through meditation but also integrated into all aspects of your life.

For today's challenge, click on the link below and join me in a 10 minute mindfulness practice"

<https://vimeo.com/441735961>

# DAY TWO

THREE THINGS I'M GRATEFUL FOR TODAY:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## ACHIEVEMENTS

WHAT ARE YOU PROUD OF TODAY?

## DAILY CHALLENGE - RETROSWEAT

"Aerobic exercise has magical affects on your mental, emotional and physical wellbeing.

It releases into our bodies and brains what I like to call the 'fabulous four'

Oxytocin, Serotonin, Dopamine and Beta Endorphins.

These are happy hormones that give you a natural high that lasts long after 'the hour of '80s power' is over.

So, click the link below and follow the simple registration steps to unlock your VHS DASHBOARD & choose from 6 free Retrosweat sessions"

<https://www.retrosweat.com.au/vhs-workout-club/>

# DAY THREE

THREE THINGS I'M GRATEFUL FOR TODAY:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## ACHIEVEMENTS

WHAT ARE YOU PROUD OF TODAY?

## DAILY CHALLENGE - SELF-MOTIVATION

"Sometimes the hardest thing to do is to motivate ourselves, and even more so amidst times of uncertainty.

But what things trigger you to feel more enthused, pro-active, confident, and self-actualising?

Actors work for themselves so they are constantly having to self motivate to be 'mind-fit' and 'job-ready'.

An actor's week may involve pursuing opportunities, furthering networks and honing craft techniques.

Being your own boss involves learning to manage moments of uncertainty and doubt that impact your motivation and confidence.

When you start sliding into that "can't be bothered" pit, it's time to assess and re-adjust any negative influencers that play havoc with you developing a positive weekly routine and goal setting.

**To do this**, start recalling those times in your life and your career when you felt more energised/motivated, and the times you felt flat.

Learn to know what works for you.

Note these down and circle 5 natural personal motivators.

Set a task to include 3 of these into your day's routine.

Set a goal for the week of discovering the No 1 motivator that works so well for you that you can use post-challenge as your 'motivator go-to' during times of uncertainty.

Things that motivate are individualistic but may range from: talking to peers, exploring other art forms, increasing self care & exercise, listening to actors talk 'on acting', sourcing new scripts and plays, learning a new skill to use in your work,

Anything that inspires that passion and connection to your creative spirit will elevate motivation levels, lift mood and energy, help de-stress and re-focus you back in on your personal goal setting"

Daily Challenge Gratitude To: Steph Power - Entertainment Industry Welfare Specialist

Registered Therapist, On-Set Welfare Intimacy Coordination, Performance Mental Health Advocacy

# DAY FOUR

THREE THINGS I'M GRATEFUL FOR TODAY:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## ACHIEVEMENTS

WHAT ARE YOU PROUD OF TODAY?

## DAILY CHALLENGE - GROWTH MINDSET

"Growth mindset refers to the belief that a person's capacity and ability is not fixed. It allows individuals to see a challenge as an opportunity to discover alternative ways of coping.

A growth mindset helps you to build on fundamental strengths such as perspective, adaptability, resilience and determination.

So, as an exercise NOTICE each time you have a thought that restricts possibility.

This may include statements such as  
"I can't do it", "It's not possible", "It won't work", "It's too complicated".

Allow the thought to pass and then reflect shortly after.  
Is there an opportunity you may be missing? Are you blocking your full potential?

Has your way of thinking become fixed?

What would your day be like with a lens of "CAN DO" or "IT'S WORTH A TRY"

# DAY FIVE

THREE THINGS I'M GRATEFUL FOR TODAY:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## ACHIEVEMENTS

WHAT ARE YOU PROUD OF TODAY?

## DAILY CHALLENGE - EXERCISE + CONNECTION

"I am a strong believer in the importance of connection and honest chats. When catching up with a mate, it usually takes about 15-20 mins of the surface level chats: (Shows we've been bingeing, How good IS Hamilton? To mask or not to mask? When will they open the theatres again? Before we get to the real chats (How are you? No really, how are you doing? How is this Covid world really affecting you?)

And these are the honest chats that we need to be having right now. To be heard and to realise, dare I say, we are not alone.

Also, EXERCISE, we all know the benefits to your mental health, it helps relieve stress, improves memory, helps you sleep better, and boosts your overall mood.

**So my challenge** is to go for a 5km or 10km run or walk with a mate and have some honest chats.

Not 15-20 mins in, but from the get go.

Here's a tip on how to start (I got this from my psych last week)

Ask your friend these four things:

What's good?

What's bad?

What do you want to stop?

What do you want to continue?

Good luck. If you don't feel better from the chats, I guarantee you'll feel better with those endorphins pumping after a 10km run."



# DAY SIX

THREE THINGS I'M GRATEFUL FOR TODAY:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## ACHIEVEMENTS

WHAT ARE YOU PROUD OF TODAY?

## DAILY CHALLENGE - ENGAGE IN VALUED ACTIVITIES

"Anxiety is a normal part of life. Everyone feels some anxiety from time to time. In the current COVID climate, especially within the Arts, there is so much uncertainty and fear and additional pressure. When will work start back again? What will it look like when it does? How will I pay the bills?

When feeling anxious, it can be easy to become consumed by your anxious thoughts and worries. This can lead to removing yourself from activities you should be doing, or that fulfil you and make you feel good.

For example, working on an interesting project, finishing your work, or engaging in a hobby.

Next time you're feeling anxious try this deceptively simple strategy:

- Notice how you're feeling
- Acknowledge the anxiety: you could say 'I'm feeling really anxious right now'
- Accept how you're feeling: don't try and fight it, just allow it to be,
- recognise that you won't always feel this way.
- Redirect your attention to your valued activity

What are your valued activities?"

Some valued activities I can engage in when feeling anxious are:

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# DAY SEVEN

THREE THINGS I'M GRATEFUL FOR TODAY:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## ACHIEVEMENTS

WHAT ARE YOU PROUD OF TODAY?

## DAILY CHALLENGE - REST

"It's really important for Bla(c)k folks to learn how to rest.

Navigating this industry being a black queer woman has been over a decade of accumulative exhaustion, much of it I am still unpacking and understanding. Although it can be difficult to let go of some of that 'hustle' it's vital to recognise it is impossible to create effective healing and change when you are running on empty.

Challenge yourself to look at parts of your life either in or outside of the workplace where you have been compromised.

Do you need that energy in your life?

Is it vital to your success as an artist or is it holding you back?

If you're a high achiever like me you'll find this really difficult and may even feel guilty. Know that your community has got your back - whilst you rest, we'll represent for you and when you're feeling rejuvenated you can help someone else rest.

For white folk - Let your Bla(c)k friends take their time and try not to take things personally.

A lot of the time we don't want to talk about race/racism so sometimes even receiving well intentioned texts saying it must be hard re BLM can be affecting - we might be out walking our dog or having a lovely brunch (ie. resting) and then be forced into thinking about the ways we've felt let down by society which for a lot of people is a space of depression and anxiety.

Challenge yourself to sit with your own feelings of discomfort knowing that although confronting, ultimately this is healing work for you too. It's a good and healthy thing to stop, challenge yourself and refresh your outlook.

A closed mind is a great thing to lose"

# A Space For Reflection

MY FAVOURITE PART OF THE CHALLENGE THIS WEEK WAS:

MY MOST CHALLENGING DAY THIS WEEK WAS

THE DAILY CHALLENGE THAT HAD THE GREATEST IMPACT WAS

THINKING OF MY ACHIEVEMENTS 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 yourself.

If you have any thoughts or feedback to share about this challenge please email

[equitywellness@meaa.org](mailto:equitywellness@meaa.org)

## CRISIS SUPPORT

If you require crisis support,  
please contact the appropriate service listed below:

Support ACT Wellbeing Hotline:

ON 1800 959 900

<https://www.artswellbeingcollective.com.au>

Lifeline:

on 13 11 14

<https://www.lifeline.org.au/>

Suicide Call Back Service:

on 1300 659 467

<https://www.suicidecallbackservice.org.au/>

Beyond Blue:

On 1300 22 4636

<https://www.beyondblue.org.au/get-support/>

eHeadspace:

<https://eheadspace.org.au/>

Kids Help Line:

on 1800 55 1800

<https://kidshelpline.com.au/>

Blue Knot Foundation:

on 1300 657 380

<https://www.blueknot.org.au>

