The Entertainment 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, present and emerging.

The Entertainment Wellness Committee is committed to honoring Australian Aboriginal and Torres Strait Islander people's unique cultural and spiritual relationships to the land, waters and seas and their rich contribution to society.
The Entertainment Wellness 'Joy' Challenge has been crafted by healthcare professionals and industry creatives and contains a set of tasks to be completed within one week. It is designed to help you gain a range of coping skills, stimulate personal reflection, and bring more joy into your life.

Throughout the week, explore with our special guest contributors:

**MONDAY - Music and Mental Health with Kristen Dunphy**  
**Executive Producer/Showrunner/Writer/Creator "Wakefield"**

**TUESDAY - Dance & "Reel Life" with Bessie Kay**  
**TV Presenter/Producer "Open Homes Australia"**

**WEDNESDAY - Gratitude**

**THURSDAY - R U OK Day with Stephen Heart**  
**Playworks Oz & Mudita Counselling Services Counsellor/Facilitator**

**FRIDAY - Getting off the Wheel with Abbe Holmes**  
**Actor/Voiceover Artist and Coach/Writer**

**SATURDAY - Joyful Bellies with Sophia Davey**  
**Actress/Chef "Bloom Kitchen"/Writer**

**SUNDAY - Reflection**

While not compulsory, we encourage you to share your journey with a friend or on social media, or join us over at the MEAA Entertainment Wellness Facebook or Instagram pages for some external accountability - we are all in this together!

https://www.facebook.com/EntertainmentWellness  
https://www.instagram.com/entertainmentwellnessau  
#entertainmentwellnesschallenge

Once completed, take stock and see if there is anything you’d like to integrate into your ongoing practice and wellbeing.

Love Barbara, Kathy, Tahlya, Ali, Aimee, Katherine & Kieran  
and your EWC members x
DAY 1
Music and Mental Health

**Description**

Mental health challenges can leave us feeling isolated and disconnected. Music is one way to re-connect with our self and other people. Sometimes a song can bring us joy and literally lift us out of a negative mood. Other times, a song can feel ‘bittersweet’ - joyful and sad at the same time - but there’s comfort in knowing that other people have felt the way we do. Either way, when we listen a piece of music we love it can help us feel more connected to what it is to be human. There are two ways we can share music. When we give the gift of music to others, we are stepping outside of ourselves and this in itself can help bring perspective to our situation. And when we allow ourselves the space and time to enjoy a piece of music, we are giving a gift to ourselves.

**STEPS**

Give the gift of a song to yourself or someone else today. This can be a piece of music with or without words.

EITHER

Send a song as a gift to someone else via a recording or music streaming service. Let them know why you’ve chosen to share that song with them. Make a record of who you sent the song to, why you felt they might enjoy it, and what it is about the song that you love.

OR

Allow yourself the time to listen to a song or a piece of music. Try listening to it without doing something at the same time (extra points for eyes closed!). If this feels too uncomfortable, listen while doing something but focus on enjoying the music.

Best of luck with the challenge and congratulations on taking action to improve your connection with yourself and others.
I chose an activity that brings me joy, and created an experience for others to give something similar a go. The activity is based on a series of online content with a focus on dance, joy, self acceptance and real life advice platformed over Instagram Reels. These short social media videos feature me dancing with someone who has great life advice, specifically for creatives! The video includes 30 seconds of dance to an emotive or joyful song + 1 quick bit of life advice from the person featured. The content is centered around sharing life wisdom through the universal language and joy of dance!

I get great pleasure out of using different mediums like dance, film, or social media content to ‘create’ through seasons of personal healing, growth and seeking internal peace in the present moment. The desire to share such creations publically is also fulfilling for me because I’m aware that there are others in the world at this time that are also seeking those things.

**STEPS**

I’d like to encourage people to do 1 or 2 of these things today:

**EITHER**

Have a dance to a favourite song that helps you to express joy or peace. It can be a choreographed piece, or simply sharing a dance with someone to your favourite song!

**OR**

Have a conversation with someone who you feel can share real life wisdom.

**If anyone wants to share their dance or words of wisdom on social media, make sure you tag @entertainmentwellnessau**

If you want to see the series of 'Dance & Reel Life' content, head to @bessiekay on Instagram.
The word gratitude is derived from the Latin word ‘Gratia’, which means grace, graciousness, or gratefulness. Having gratitude and taking note of all the amazing things you have in your life can bring an enormous amount of ‘Joy’! It goes beyond being thankful, but showing your heartfelt appreciation.

There has been much research carried out around Gratitude and the positive impacts it has on our happiness and wellbeing, most famously by Harvard as well as many other institutions. There has been scientific evidence that gratitude can help improve symptoms of depression and anxiety and have many benefits such as improve sleep, mood, stress levels and relationships.

Set a goal for yourself today, and choose an activity where you can express gratitude. Here’s the challenge:

**STEPS**

*Make a ‘Gratitude Jar’ for yourself. An old jar of peanut butter washed out or even an old tin or container will work. Write three separate things that you are grateful for on three separate pieces of paper and pop them into the jar. If you like this idea, why not add a new one everyday or every week and see how full your jar becomes over the year.*

*OR*

*Write a letter or postcard to a friend or family member about why you feel grateful to have them in your life. Send it snail mail so it’s a lovely surprise for the receiver.*

If you enjoyed the Gratitude Jar, why not start a ‘Hope Jar’ too. Writing down and adding things as you think of them, that you aspire to do or have for the future. Open it up in a few months and see how many of these you were able to fulfil or still have hope to.

If you’re writing a letter or postcard, check in with the receiver and see how they felt about receiving it. It can give such Joy to give thanks to someone and to know that someone is grateful for our place in their lives. It’s important to nourish our relationships and connections with others.

Above all, have fun with it! You might find you think of things to be grateful for that you never thought of before. Being present when completing a task can give you a sense of peace and ease. It can also allow you to connect with yourself at a deeper level.*
On R U OK day, R U OK when you see others succeeding and you’re not? This can be tricky to navigate. Here’s a practice that may help you move through this feeling.

Mudita means to experience Joy in another’s success or happiness. It is a Sanskrit word, for which there is no English equivalent. It is very easy in competitive professions, where it feels we have to work so hard for small moments of success, to get lost in envying the success of others. We may feel jealousy when someone else gains the job we’re after or succeeds where we fail. We can feel even more helpless if their success appears to have come from nowhere.

By accepting and acknowledging that we work in an industry that’s tough and a world that isn’t fair and yet mindfully allowing ourselves to look for and name the strengths of others and their good fortune, we can more easily enjoy their success. Being able to genuinely express joy in another’s success is a pretty special feeling. We allow ourselves to be a part of their success by enjoying it in the moment.

Did you ever watch a child express complete joy and it cause you to smile, that’s Mudita. Whenever you’ve had a moment to delight in someone else’s happiness, that’s Mudita. Mudita Practice is simply mindfully making the effort to experience it.

**STEPS**

**Practice Mudita**

1) **Imagine someone in the industry you really like. Do you feel they deserve their success?**
   
   What are the qualities you admire in them? Be specific.
   
   You are already appreciating their strengths. Notice how that starts to make you feel.

2) **When you notice someone else is extremely happy or joyful, consider what it is that has caused these feelings and allow yourself to acknowledge that however tough it can be to express joy, like this person, they are experiencing a moment of it and you can share in their moment just by being happy for them. Nothing needs to be said and, nothing needs to be done unless you feel compelled to. Simply feel glad for them, and acknowledge that generosity in yourself.**

(If you’re not ok, please refer to page 11 for Crisis Support Resources)
The joy of life from a new perspective

It matters not whether we’re working performers or arts practitioners, we’re an adrenalin-fuelled lot, constantly grappling with anxieties linked to a healthy and satisfying future; anxiety over a regular income and the myriad anxieties over both getting the next job and doing the next job. In that way anxiety just comes with the territory. We’re on a wheel... and we believe we must stay on it and keep it turning... or we might fall off. And there’s a toll. Not only is it exhausting being on that wheel, we’re actually in danger of simply running out of steam... and then running into all sorts of mental health and general health problems. But there’s an alternative world that sometimes doesn’t get our attention in the way it could. Nature. Let me explain. During Covid and working from home gave me time to sit and rest and garner insights into my life and career.

One thing I noticed was that I’d been a person who walked through nature, planning the next step in my career, thinking about the last job or a future job and all the possibilities, but I realised that I seldom really experienced nature. I’ve always been a bit of a tree hugger, but I found that by taking the time to just sit and observe the magic and magnificence of nature and deeply connect with something I’d only been glancing at... I had stepped off that wheel. Connection with nature has completely changed my life. In a new way. In a macro way. And through this deep connection, I’ve found a deeper connection to my emotional life. Oh, joy of joys.

STEPS

Intention is a phrase we’re pretty familiar with in the Arts...and intention is what you’ll need for this deeper immersion into nature.

1. Think of somewhere you could be, or go to, where you can be largely alone...or with a like-minded friend...and just sit with whatever is there.
   
   I love to find very treed spots, preferably with a watercourse or water of some kind.
   I also love places where birds abound. They’re so fascinating to watch...and the stillness you need to be in their presence is like a meditation.

2. Create some intention around what you may need to balance or rebalance who you are in your world.

   We can’t always have access to a forest, an amazing bushland or a watercourse, but any glimpse of nature available to you, if you allow it, could take you off that wheel for just long enough to reset your mental frame and pull you into personal harmony.

   Feels good already, right?
DAY 6
Joyful Bellies!

Description

It’s no secret that a balanced diet, regular exercise, loving connection with self and others in community can contribute to a felt sense of joy. So within so without... meaning what goes in your body through all of your senses factors into the equilibrium.

With my focus being on nourishing the body and cultivating a balanced ‘joy diet’, why not make today all about eating your colours or giving up processed food for one whole day! Let’s paint our rainbow from the inside out!

At the heart of it all I believe we can set ourselves up for success if we pay attention to how and what we eat as a priority in our day. A great way to incorporate an easy nutritional guide is to eat your plant based colours! The nutrients in plants that show up as colours are called phytonutrients, they act as a major player in removing toxins from our bodies.

Steps

Today I invite you to focus your attention on what you eat and how it makes you feel. The intention is to create meals with love and nutrition that make you feel joyful and nourished.

Here’s the offering:

Create a salad recipe called ‘Rainbow Salad’ adding as many colourful plant based foods as you possibly can from each colour aspect of the rainbow. You might choose to make this salad for lunch or dinner today, share it with friends too or make it fun for the whole family... I know my children love this game!

OR

Alternativity you can choose to eliminate processed foods from your diet for one day. Making your meals for breakfast, lunch and dinner from scratch! They can be as simple or as complex as you wish. Sourcing fresh ingredients with little to no packaging.

You can even share it on your socials and encourage one other person to eat their colours today too!

Most of all, have fun with it! You might even find that you like the change and you stick with it. The biggest aim of all is that you feel more balanced and aligned and be able to find Joy in all that you do.

Note: If you have any health conditions, it’s strongly advised that you consult your GP first before removing anything from your diet without being under supervision.

STEPS

Joyful Bellies!

Sophia Davey
Actress/Chef "Bloom Kitchen"/Writer
DAY 7
Reflection

Description

'Why You Should Make Time for Self-Reflection (Even If You Hate Doing It)', is the title of a Harvard Business Review article, containing this important message:

"Reflection gives the brain an opportunity to pause amidst the chaos, untangle and sort through observations and experiences, consider multiple possible interpretations, and create meaning. This meaning becomes learning, which can then inform future mindsets and actions". Jennifer Porter

By taking the time to reflect today, we can all help ourselves and each other to learn, and take empowering action. When following the below steps, you’ll be taken to a list of questions that will prompt a reflection on the past week’s activities. You have the option to keep your responses anonymous. We encourage you to withhold this information if you feel that sharing your identity will restrict valuable feedback, as your answers will also inform future EWC Wellness Challenges and initiatives. Please enjoy your time of reflection today, and congratulations on making it to day 7!

Steps

To complete this challenge, either click on the link below, or if there are technical issues just copy and paste the link into a browser window. Make yourself comfortable and give yourself a relaxed 15-30mins to complete the 15 questions in this challenge. Most of these are short, a few of them will take a little more time as you allow yourself to reflect on your experiences this week. The most important ingredient for this challenge is your connection to yourself.

Challenge Link:
https://forms.gle/RzaZc3mym9V5WNHK7

Have you ever considered keeping a journal? It’s a great way to write down your hopes, dreams and reflect on what you have already achieved. Some of them come equipped with some set tasks to write about and even have inspiring quotes to keep you motivated!
Congratulations on completing the Wellness Challenge!

If you have any questions about this challenge please email ewc@meaa.org

Wellness is an ongoing journey and self-care practice that includes many aspects of our lives. Below, and on the following page, you will find resources that provide further support. The benevolent funds below are available to anyone in the creative industries, and they have reached out to us to let you all know that they are here for every one of you - they are not only for actors. Please get in touch with them if you require financial support.

### Benevolent Funding Support

**Actors Benevolent Fund of NSW**
[https://www.actorsbenevolentfund.org.au/](https://www.actorsbenevolentfund.org.au/)
email: info@actorsbenevolentfund.org.au

**Actors’ & Entertainers’ Benevolent Fund of Queensland**
email: info@abfqld.com.au

**Victorian Actors’ Benevolent Trust (also supports people in Tasmania)**
email: enquiries@vabt.com.au

**Artist Relief Fund WA**
[https://artistreliefwa.org.au](https://artistreliefwa.org.au)
email: apply@artistreliefwa.org.au

**Performers Support Fund of South Australia (also supports people in NT)**
[https://psfsa.org.au/](https://psfsa.org.au/)
email: assistance@psfsa.org.au

**New Zealand Actors Benevolent Fund**
[https://www.nzabf.org.nz/](https://www.nzabf.org.nz/)
email: nzactorsbenevolentfund@gmail.com

The above details are the best contact details for people who want to apply for confidential assistance.

MEAA lists contact details for the funds here:

Lastly, the Alliance of Australasian Performing Arts Benevolent Funds (AAPABF, or just ‘the Alliance’) is a grouping of all the above benevolent funds.
Support Act Wellbeing Hotline:
1800 959 900
supportact.org.au

Lifeline:
13 11 14
lifeline.org.au

Suicide Call Back Service:
1300 659 467
suicidecallbackservice.org.au

Beyond Blue:
1300 22 463
beyondblue.org.au/get-support

eHeadspace:
eheadspace.org.au

Kids Help Line:
1800 55 1800
kidshelpline.com.au

Blue Knot Foundation:
1300 657 380
blueknot.org.au