

ANNUAL WELLBEING CHALLENGE

Key

15

Activity will take 15 Mins

30


Activity will take 30 Mins

60

Activity will take 60 Min or more

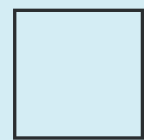
The theme of this year's challenge is to focus on yourself, building your own resilience and self exploration.
At the end of the month send your photos and trackers to thriving@dfes.wa.gov.au to go in the draw to win some great prizes!
Prizes will only be given to those completing the Challenge in March

Don't worry if you don't tick every box, you'll still go in the draw - the challenge is about having a go and trying new things.

Activities with a QR code or  means more information can be found over the page or scan for more information.

Start here

Set a goal for the month - Goal Setting Guide [here](#).



Get your groove on

Listen to your favourite song. Dance and sing.



Social meals

Come together with your team, family or friends and share a meal.



Mental health check

Use Black Dog Institute's quick mental health check.



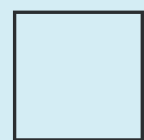
Device free night

Ditch the device... the options are endless.



Self kindness

List 3 positive things about you.



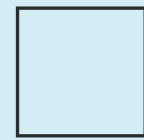
Support network

List 5 people close to you that you could lean on.



Tick off that to do list

Do something you have been meaning to do (e.g tax return, flu jab).



Catch some Zzzz

Try one of these 9 handy tips to improve your rest and recovery.



Become more mindful

Choose a mindfulness session and complete at least one session.



Get in the kitchen

Try one of the healthy and yummy MoodFood recipes.



Celebrate yourself

Schedule self care, celebrate the small wins.



Memory motivation

Find a photo of your favorite moment, to look at when you need motivation



Say "No"

Say "no" to something you do not want to do.



Social media break

Turn off your notifications: take a break from social media for the day



Commit to something

What's something that you have always wanted to do?



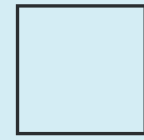
Health check

Schedule a health check with your GP.



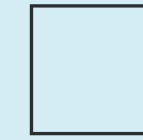
Something you enjoy

Do anything, but let it produce joy.



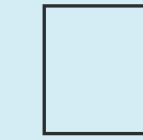
Mindful eating

Use your lunch or coffee to have a mindful break.



Reflect and keep going

Reflect on the past month, tell us 3 things you've learnt from this challenge.



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Additional information for the Annual Wellbeing Challenge can be found below.

Please contact thriving@dfes.wa.gov.au if you have any questions or need additional support.

Self kindness

Write 3 things you like about yourself. Are you Kind? have a great memory? have you got nice eyes?, are you honest?, are you good at basketball? ect. Put the list somewhere you can see it often.

Self kindness increases feelings of happiness, optimism, curiosity and connectedness, as well as can decrease anxiety, depression, rumination and fear of failure.

Support network

It is important to know who will be there for us, when we need them. You may go to those in your support network for different things.

Find 5 people for emotional support, practical support, informational support and social support.

If you want to know a bit more about what these supports look like click [here](#).

Catch some ZzzZ

Ensuring that you are getting enough sleep every night can increase your concentration, boost your wellbeing and ensure you have the energy to do what you love.

Look up '9 Sleep Tips' on the staff Intranet or Volunteer Hub.

You can also find it [here](#).

Get in the kitchen

Eating a healthy and balanced diet can aid in improving your mental health and reduce your risk of chronic health issues.

Try one of the MoodFood recipes.

Find recipes [here](#).

Memory motivation

Find a photo of your favourite moment or place.

Your favourite holiday spot, or a loved one, a moment in your life you are proud of or a moment of time you felt free.

Put this photo somewhere to keep you motivated or better yet do this with your team, friends and family.

Say “no”

Often we say “yes” to things we really do not want to do.

Now, we aren't telling you to say “no” to the important stuff.

A considered “no” protects you and allows you to place a boundary. The right “yes” allows you to help others or make a difference.

Saying “no” should not make you feel guilty.

Commit to something

Is there something that you have always wanted to do, but have never actually started?

For example:

Sign up for the couch to 5k run app
Learn a new language
Sign up for a cooking class
Scrapbooking

The options are endless

Mindful eating

Mindful eating, or conscious eating, is the practice of being fully attentive to your food. Find out more [here](#).

Achieve this:

- Remove all technology
- Engage each of your sense
- Chew your food slowly- take the time to enjoy
- Sit at a table
- Close your eyes and really taste what you are eating

Reflect on the past month

Reflecting on these activities and how they made you feel doing them can help you assess what works well, what needs improvement and what you can change completely in your everyday life.

Tell us 3 things you learnt from participating in this Annual Wellbeing Challenge by emailing thriving@dfes.wa.gov.au

Supporting you to keep mentally and physically healthy is a focus of *Thriving at DFES*, because when *you thrive, we thrive*.