



DFES General Circular No: 159/2021

22 September 2021



ANNUAL WELLBEING CHALLENGE 2021 PROMOTING MENTAL HEALTH WEEK

Mental Health Week (9 - 16 October 2021) is celebrated each year in October around World Mental Health Day (10 October 2021). Mental Health Week provides a prime opportunity to address and highlight what impacts our mental health and wellbeing, as well as promoting effective prevention strategies to keep us all mentally healthy.

To help you boost your mental health and wellbeing we are running an **Annual Wellbeing Challenge** for the month of October. This NEW activity is brought to you by **Thriving at DFES**.

The purpose of this Annual Wellbeing Challenge is to provide you with a fun and engaging list of activities that promote the key messages of Mental Health Week:

- Physical activities to get you moving and promote healthy choices.
- Mental health activities to support and build your resilience.
- Social activities to broaden and strengthen your social connections.

Annual Wellbeing Challenge - getting started

We encourage you to approach this as a team challenge so that you can share in the collective and social benefits. Get your office/station/brigade/group/unit involved.

Or, if you want to go the extra mile and challenge yourself, try to complete all the activities individually.

We would love to know who is taking up this Challenge, so we can get your feedback, send out updates as well as recognise the most outstanding individual and team efforts. Feel free to send us photos to document your progress.

[Click here to download the Annual Wellbeing Challenge Calendar](#) (to find out your daily activities)

[Click here to download the Annual Wellbeing Challenge: Progress Tracker](#) (to document your progress)

[Register here for the Annual Wellbeing Challenge](#) (so we know who is taking part)

Annual Wellbeing Challenge				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1. Rethink your drink! Reduce sugar or caffeine intake for water</p> <p>11. Get a better night's sleep! Download the Headspace app for this (see General Circular 09/2021)</p> <p>18. Be prepared... Make a healthy lunch every day this week</p> <p>25. Strengthen your support network... Spend time with family and friends, get creative with your members</p>	<p>2. Who are your colleagues? Put this aside to get to know a colleague better</p> <p>12. Perform a random act of kindness... Go out of your way to help someone else</p> <p>19. Schedule something fun! Let us know what you did by emailing dfes@dfes.wa.gov.au</p> <p>26. Learn something new! Sign up or teach yourself something new (even always wanted to do or learn about)</p>	<p>3. Workout Wednesday! Walk, run, cycle, or use your local community recreation for 30 mins</p> <p>13. Workout Wednesday! Walk, run, cycle, or use your local community recreation for 30 mins</p> <p>20. Workout Wednesday! Walk, run, cycle, or use your local community recreation for 30 mins</p> <p>27. Workout Wednesday! Walk, run, cycle, or use your local community recreation for 30 mins</p>	<p>4. Have a meaningful conversation with a friend or colleague. Are they ready for you?</p> <p>14. Practice the art of gratitude! Write down three things you are grateful for</p> <p>21. Introduce a mindfulness activity to your team, station or SOG (e.g. slow breathers)</p> <p>28. UNPLUG! Have a device-free night and put your mobile phone on silent</p>	<p>5. Get some fresh air... Take a walking meeting or eat lunch away from your desk</p> <p>15. Schedule your annual health checkup or have your blood pressure checked</p> <p>22. Provide a helping hand to someone who may need it. Donate your time, energy or something to give</p> <p>29. Bring a plant! Enjoy a shared meal with your team, station or SOG</p>



Other supports

For more information on how to build and maintain your mental health and wellbeing, we recommend you check out the 'Looking After Yourself and Others' page on the [staff intranet](#) or [volunteer hub](#).

This page includes information on:

- How to become more mindful (Headspace Mindfulness App)
- How to have effective RUOK? conversations
- Black Dog Institute information resources
- Staying healthy – exercise, diet and sleep
- How to stay connected, express yourself and make time for fun
- How to support those around you.

For more information, please contact the Organisational Development team on thriving@dfes.wa.gov.au

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