

**WELCOME  
TO THE**

**7 DAY**



*Wellbeing*



**CHALLENGE**



Ramsay  
Mental Health

[ramsaymentalhealth.com.au](https://www.ramsaymentalhealth.com.au)

# It's *great* to see you!



Welcome to the Ramsay Mental Health 7 Day *Wellbeing* Challenge.

We're excited to work with you over the next 7 days – and beyond – as you develop a true understanding of wellbeing and challenge yourself in different aspects of your life.

Wellbeing is more than just being physically healthy and happy. It's the balance of all the physical, mental, emotional and social factors that make you who you are. It's your connection with others, and how you feel about yourself. It's your purpose and your actions and your drive to succeed.

Every part of your life influences your wellbeing.

Having a strong sense of wellbeing promotes good mental health. It gets you out of bed in the morning and gives you the tools to cope with whatever life throws your way!

**Over the next 7 days, we'll work together through different elements of wellbeing. Each day, we'll challenge you to try something new to help you thrive in every aspect of your life.**



# DAY 1

# Resilience

There's no way of knowing what tomorrow will bring. When life throws you a curve ball, resilience ensures you can handle it and empowers you to grow from your experience.

But without a good night's sleep, the foundations of your resilience can start to crumble. Getting a good night's sleep helps you to regenerate – both physically and mentally. Rebuilding those foundations each night gives you a shield against the twists and turns of everyday life.



## Challenge *yourself*

### Start a healthy sleep habit

Set a time tonight to turn off your TV and devices, switch off from the world and wind down for the night ahead.

You might like to try:

- indulging in a warm bath or shower
- putting fresh sheets on the bed
- playing some relaxing music
- gentle stretches or meditation



**WATCH** one of our Ramsay Psychiatrists in Rockhampton discuss the [connection between resilience and wellbeing](#)



**WATCH** one of our Ramsay Psychologists in Wollongong discuss the [importance of good sleep practices](#)



**LISTEN** to the [Corona Calm 01 – Soothe an anxious mind](#) meditation



**DOWNLOAD** our [Healthy Sleep Tips](#)



**READ** information from the Sleep Health Foundation on [Mental Health and Sleep](#)

“Have a minute of still. From time to time throughout your day, concentrate on becoming still – slowing your breathing, limiting your movements, stilling your thoughts. From stillness comes peace.”

Paul Wilson, *The little book of calm at work*



# DAY 2

## Movement

We all know that exercise is great for our physical health. But did you know it can improve your mental health and wellbeing too?

Exercise boosts your mood and concentration, reduces your stress and improves your sleep. Anything that gets your muscles moving and your blood pumping is going to have benefits for your body and mind!



## Challenge *yourself*



### Get a move on

Take time today to get up on your feet, move your muscles and enjoy the hit of happy hormones.

You might like to try:

- taking a walk or a jog in the fresh air
- busting a move to some of your favourite tunes
- doing a workout class online



**WATCH** one of our Ramsay Exercise Physiologists in Perth giving some pointers on [exercise for wellbeing](#)



**LISTEN** to a motivating [Spotify playlist](#) to get you moving



**GET INVOLVED** by joining our [Strava club community](#) to log your activity or try a guided workout such as '[Tiny Wins](#)' by Runkeeper or take part in the Mental Health Foundation Australia's [National walk for mental health](#)

“ And forget not that the earth delights to feel your bare feet and the winds long to play with your hair. ”

Kahlil Gibran



# DAY 3

# Emotions

We often think about emotions as something that just happens to us. We feel sad when something bad happens, and happy when things go our way.

But science tells us that we can harness the power of positive emotions to improve our wellbeing. Feeling positive emotions, like happiness, satisfaction and gratitude, can help make you happier, healthier and more open to the world around you!

When we feel more positive emotions than negative ones, challenging situations are easier to navigate.

## Challenge *yourself*

### Focus on the positives

Take some time today to think about how you're feeling. Ask yourself:

- What made me feel happy today?
- What am I grateful for?

Allow yourself time to cherish these positive feelings of happiness and gratitude.



**DOWNLOAD** our [Guided Journal](#) to help you reflect on your day and the aspects of your life that make you the happiest.



**WATCH** one of our Ramsay Psychologists in Wollongong discuss the connection between [emotions and wellbeing](#)



**DOWNLOAD** our positive affirmation [printable notes](#) or screensavers [Mobile 1](#), [Mobile 2](#), [Desktop 1](#) and [Desktop 2](#)



**READ** about [Men and emotions](#) from Mensline.org

“Feelings are much like waves, we can't stop them from coming but we can choose which ones to surf.”

Jonatan Martensson



# DAY 4

## Meaning

What gets you out of bed each morning?

Having a sense of purpose in life can help you to feel positive, motivated and generally more satisfied day-to-day.

The drive to achieve something meaningful keeps us moving forward. Whether it's raising your family, succeeding in your career or volunteering to help others, a sense of purpose can empower you to take control of your life and your wellbeing.

## Challenge *yourself*

### Get involved in something bigger than yourself

Take time today to think about your values and motivators. Identify and engage with a cause you feel passionate about.

You might like to try:

- joining a sports team
- getting involved with a charitable or environmental cause
- connecting with a religious group or political party



**WATCH** one of our Ramsay Psychiatrists in Sydney discuss the [importance of connection](#) for mental health



**READ** about [Getting in touch with your spiritual side](#) from ReachOut.com



**GET INVOLVED** with [Volunteer Australia](#)



**DOWNLOAD** our [Motivators worksheet](#) to help you find what drives you

“ Good actions give strength to ourselves and inspire good actions in others. ”

Plato



# DAY 5

# Engagement

Have you ever felt truly 'in the zone' when participating in an activity you enjoy?

When you're 'in the zone' you feel great about yourself, you love the challenge, and your mind works in new and creative ways! This feeling of total engagement and enjoyment is sometimes called 'flow' by psychologists – and it's a state we can all strive for.

Regularly engaging in an activity you love and finding your flow can help you to feel happier over time, and ultimately boost your wellbeing.

## Challenge *yourself*

### Find your flow

Take time today to switch off from the distractions of everyday life and get in the zone with an activity you love.

You might like to try:

- doing an art project
- building or tinkering in your shed
- getting your hands dirty in the garden
- cooking up a storm in the kitchen
- feeling the rhythm on your favourite instrument



**WATCH** one of our Ramsay Art Therapists in Sydney discuss how art can help to improve wellbeing and see an [art therapy demonstration](#)



**READ** about [Flow state](#) from Headspace



**GET INVOLVED** with an [Adult colouring-in](#) downloadable

“ Watch carefully, the magic that occurs when you give a person just enough comfort to be themselves. ”

Atticus



## DAY 6

# Accomplishment

Setting goals, making progress towards them and feeling a sense of achievement is an essential element of wellbeing.

Working hard towards a meaningful goal, and overcoming the challenges that you face along the way, boosts your self-esteem and makes you more confident in your own skill and abilities.

When you feel accomplished, you're more ready to tackle what life throws your way!

## Challenge *yourself*

### Set a goal and go for it

Set yourself a new goal or think about a goal that you're currently working towards. Then make a plan to accomplish it.

You might like to try:

- learning a new skill that you've been curious about
- pushing yourself a little further in an activity you're already great at (e.g. running for 5 more minutes, or cooking a more difficult recipe)
- getting something crossed off your to-do list

Don't forget to celebrate your progress and accomplishments along the way!



**WATCH** our Ramsay Psychiatrists in Cairns discuss the [value of goal setting](#)



**READ** about [Goal setting](#) from HealthDirect



**GET INVOLVED** with an online video to learn a new skill! Search on [YouTube](#) or explore [free online courses](#)

“ Sometimes the smallest step in the right direction ends up being the biggest step of your life. Tip toe if you must, but take the step. ”

Unknown





# DAY 7

# Relationships

Our connections with other people are a vital source of support, comfort and meaning in our lives.

Strong, healthy relationships benefit your mental health, and help you to be more empathetic, trusting and cooperative. They may even extend your life – by boosting your immune system and helping you bounce back better from disease.

## Challenge *yourself*

### Reach out and connect

Challenge yourself to reach out to someone today and make a meaningful and thoughtful connection.

You might like to try:

- ‘paying it forward’ in the coffee line or at the drive-thru by paying for the person behind you
- writing a note of appreciation to someone you live or work with
- calling someone you care about to check in with them and make sure they are ok
- joining a community group or book club to make new friends



**WATCH** one of our Ramsay Psychologists in Sydney discuss marriage and how to [navigate relationships](#) in general during challenging times



**READ** about [Better Communication](#) and [Friendships](#) from ReachOut



**GET INVOLVED** in an online community group – or virtual book club like [Shameless](#)

“ Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around. ”

Leo Buscaglia



Brought to you by



Ramsay  
Mental Health

[ramsaymentalhealth.com.au](https://www.ramsaymentalhealth.com.au)



# Ramsay Mental Health

[ramsaymentalhealth.com.au](https://ramsaymentalhealth.com.au)

