



Australasian College
for Emergency Medicine

Wellness Week '23

14-20 May

#ACEMWellnessWeek

Suggested Activities for Wellness Week 2023

1. Welcome breakfast to kick off the week
2. Create a 'staff resus trolley' to go around each day with fruit and treats (see the [WRaP EM 'How-to' Guide](#))
3. Redecorate your tearoom door (or other space) to brand it as a 'reflection, rest and rejuvenation' space
4. Arrange for your pet dog to join the ED for a day to provide some 'pet therapy' in the tearoom
5. Alternatively, organise a dog park catch up
6. Organise a massage therapist to give neck and shoulder massages to the staff for the afternoon
7. Create a series of self-care resources and packs for staff to access in the handover room
8. Organise a wellness-themed presentation
9. Create thank you packs for all staff (nursing, clerical, medical, security, cleaners, porters)
10. Arrange guided meditations before team handovers
11. Encourage mindfulness through LEGO building in the tearoom
12. Free gym visits (approach a local gym and ask if they would support free access for EM department staff for 7 days)
13. Run a wellness-themed photo competition
14. Trainees and junior doctors - create wellbeing packs and utilise part of your allocated teaching time to reflect and restore

