



## Flourish

July health and wellbeing

7/03/2025

In this month's issue of Flourish, take a moment for meditation, body and breath awareness as you discover Zen and the art of disconnection. Plus join the NAIDOC Week Move Challenge and listen to the Converge International podcast exploring this month's theme of Diversity.

*Flourish* is a monthly health and wellbeing publication from our [Employee Assistance Program \(EAP\)](#) provider, Converge International.

The [July issue of Flourish](#) also includes:

- Understanding diabetes
- Move more, sleep better
- Neurodiversity and nutrition
- Hit by the winter blues
- Tax time made easy
- Go with the slow

... and more!

Converge monthly theme: Diversity

This month, Converge is exploring why celebrating diversity is crucial in and outside of work and its impact on those around us. Diversity enriches every part of our lives, both at work and beyond.

When we embrace different backgrounds, cultures, identities and perspectives, we create environments where everyone feels valued, respected and safe to be themselves. This not only strengthens workplace culture and collaboration but also deepens our understanding of the communities around us, fostering empathy, connection and true belonging.

You can see how we support diversity at the ACMA with [Our Diversity and Inclusion Strategy](#). Contact [HRAssist@Acma.gov.au](mailto:HRAssist@Acma.gov.au) if you would like to join the Diversity and Inclusion Working Group.

#### THRIVE Podcast – More Than a Week: Celebrating Culture, Strength & NAIDOC

This month's podcast on NAIDOC Week reflects on the achievements and ongoing challenges facing First Nations communities. Thrive First Nations Lead, James Cripps, talks to the strides made for First Nations equality and equity and how we all can do more to evolve into a more accepting, inclusive and respectful society.

- Subscribe to the podcast at the [Converge International YouTube channel](#).

Converge THRIVE podcasts are curated by their mental health and wellbeing experts that covers a new topic each month.

#### NAIDOC Week Move Challenge

The [Converge Move Challenge](#) is a 4-week journey across a range of First Nations' heritage sites and explore the oldest culture in the world, and where they have called home for thousands of years. Taking part in this challenge will provide you an opportunity to explore and learn more about significant First Nations country and community across Australia.

Converge Move is a team-based physical activity challenge that encourages participants to stay active, boost mental wellbeing, and strengthen social connections. Every step you take counts toward your team's progress. The more you move (and log in the Converge app), the closer you get to the top of the leaderboard!

#### How to join the NAIDOC Week Converge Move Challenge

- Step 1: Ensure you have the latest version of the Converge app. Not registered yet? Use our organisation code: AUSTNABQ. See below for more information.
- Step 2: Sign up for the Team Challenge in your Converge app via the Challenges tab.

- Step 3: Create your own team and invite your colleagues or join an existing one.

### Dry July

This month, Converge is also promoting Dry July, a fundraiser that encourages you to go alcohol-free in July to raise funds for people affected by cancer.

The funds raised as part of Dry July provide services for cancer patients, their families and carers.

Having a month off alcohol also has [great health benefits](#), such as sleeping better, having more energy and of course, no hangovers!

See the [Dry July website](#) for more information and to get involved.

### ACMA Converge membership details

To register for access to any [events](#) on the Converge website, either log in using your exiting account or alternatively, create an account using the ACMA membership details:

- Username: converge
- Password: eap

### Converge International app: Download now

Take control of your mental health and wellbeing anytime, anywhere with the [Converge International app](#) – your all-in-one digital companion for support, guidance and growth. Backed by expert knowledge and clinically proven tools, the app offers 24/7 access to free, confidential counselling, interactive wellbeing programs and tailored insights to help you thrive at work and at home.



### To download the app

1. Go to your App store and search for: Converge International
2. Use the organisation code: AUSTNABQ

See [Employee Assistance Program \(EAP\)](#) on The Hub for more information.