

October STICK TO IT CHALLENGE

Our 2025 Mental Health Month campaign was designed to help the local community practice being kind towards themselves and others.

The Stick to it Challenge encouraged participants to compete with friends, family, colleagues and classmates to complete 31 wellbeing activities and random acts of kindness during the month of October. The tasks were developed by a group of local students and were collated into an official Stick to It Challenge sheet.

All students from Resilient Ararat's cluster schools were provided with a challenge sheet and a set of stickers they could place over the tasks as they completed them. Community members were also invited to participate by collecting their free challenge resources from Central Grampians LLEN or Ararat Gallery TAMA.

Resilient Ararat was delighted to see the community embrace the initiative and enjoyed receiving photos of people incorporating wellbeing activities into their daily lives.

