

Feeling Meh?

You're not alone! You might be doing 'okay'—not stressed, anxious, or sad—but still feeling like you could get more out of life. Over **5 million** Australians experience less than ideal levels of wellbeing.

DATES

**7 -13 JULY
2025**



Help us **PILOT** a 7-day online program aimed to help you identify and work on your unique priorities for living well!

WHAT'S INVOLVED?

- Participate in our 7-day online program via 5-20 minute surveys every second day.
- Set small goals during the week to work only your wellbeing priorities.
- Complete brief surveys before and after.
- Provide your feedback on the program via a short interview.

WHY GET INVOLVED?

- Play a key part in improving the program for future participants.
- Receive a **\$20 eGiftcard** for participating.

You must be 17 years and over and fluent in English.

Scan this **QR code** to assess your eligibility

If you have any questions, email elli.kolovos@flinders.edu.au.

This study has been approved by Flinders University's Human Research Ethics Committee (Project ID: 8098).

