

Mental Health Month October 2021

Good mental health is when we can cope with the stressors of our daily lives, participate in loving relationships, contribute to our community, and work towards our goals. Everyone has mental health. And we can all benefit from looking after our own mental health and the mental health of our communities. Here are some ideas for ways to reflect, have fun, and find connection through October.



Sunday

Monday







Tuesday

Wednesday

Thursday

Friday

Saturday

<p>03 Go on a walk you've never been on before. Choose a different route, or visit a new place.</p>	<p>04 Get in touch with a friend you haven't spoken to in a while.</p> 	<p>05 Send a message of appreciation to someone who has made a positive impact on your life.</p>	<p>06 Have your favourite meal for dinner.</p>	<p>07 Meet up with someone for coffee (online or in-person).</p>	<p>01 Set a goal or intention for this month. What does looking after your mental health mean to you?</p>	<p>02 Pick a fun book and read it throughout the month.</p> 	
<p>10 WORLD MENTAL HEALTH DAY Make your mental health promise!</p>	<p>11 Go bird watching or frog spotting.</p>	<p>12 Plant some bee-friendly flowers for spring.</p>	<p>13 Commit to learning a new skill or hobby.</p>	<p>14 Try mind challenges like a jigsaw puzzle, sudoku, or crossword.</p> 	<p>08 Listen to your favourite song.</p>	<p>09 Pick up an old hobby you enjoy but haven't had much time for lately.</p>	
<p>17 Get to bed early. Wind down with a cup of herbal tea, a warm bath, soothing music, or essential oils.</p>	<p>18 Say thank you to someone.</p>	<p>19 Go on a walk with a friend or family member.</p> 	<p>20 Follow along with a gentle yoga video.</p>	<p>21 Sing and/or dance.</p>	<p>15 Learn some calming breathing exercises.</p>	<p>16 Challenge yourself to go a day without any screen time.</p>	
<p>24 Have a dinner party with friends or family, either in-person or online.</p>	<p>25 Cook something you've never had before.</p> 	<p>26 Go out of your way to take a picture or draw something beautiful.</p>	<p>27 Have a virtual or in-person coffee with a friend.</p>	<p>28 Get houseplant cuttings from friends to propagate.</p> 	<p>22 Volunteer for a cause you believe in.</p>	<p>23 Do something you've been putting off during the week.</p>	
<p>31 Pick a few of your favourite activities this month and aim to do them regularly.</p>						<p>29 Have a good stretch.</p>	<p>30 Watch your favourite movie.</p>

Find out more at lookafteryourmentalhealthaustralia.org.au

**WORLD
MENTAL
HEALTH
DAY**

10 OCT

Look after your
mental health,
Australia