

# 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><b>03</b> Go on a walk you've never been on before. Choose a different route, or visit a new place.</p> 	<p><b>04</b> Have an office potluck.</p>	<p><b>05</b> Send a message of appreciation to a colleague who has made a positive impact on your life.</p>	<p><b>06</b> Have your favourite meal for lunch at work.</p>	<p><b>07</b> Consider unfollowing or muting social media accounts that negatively affect your mental health.</p>	<p><b>01</b> Brainstorm ways your workplace could better support everyone's mental health.</p>	<p><b>02</b> Pick a fun book and read it throughout the month.</p> 	
<p><b>10</b> <b>WORLD MENTAL HEALTH DAY</b> Make your mental health promise!</p>	<p><b>11</b> See if you can limit your emails to three sentences or fewer to cut down on unnecessary detail.</p>	<p><b>12</b> Stretch at your desk.</p> 	<p><b>13</b> Investigate mental health training such as Mental Health First Aid or Suicide Prevention Training.</p>	<p><b>14</b> Break up your workday with a walk.</p>	<p><b>08</b> Encourage everyone in your workplace make a mental health promise.</p>	<p><b>09</b> Pick up an old hobby you enjoy but haven't had much time for lately.</p>	
<p><b>17</b> Get to bed early. Wind down with a cup of herbal tea, a warm bath, soothing music, or essential oils.</p>	<p><b>18</b> Leave a positive review for a local business you enjoy like a restaurant, café, or shop.</p>	<p><b>19</b> Walk to work, or part of the way there.</p>	<p><b>20</b> Do a quiz together with your colleagues.</p>	<p><b>21</b> Have lunch with a colleague.</p>	<p><b>15</b> Leave work at work this weekend.</p> 	<p><b>16</b> Challenge yourself to go a day without any screen time.</p>	
<p><b>24</b> Have a dinner party with friends or family, either in-person or online.</p>	<p><b>25</b> Cook something you've never had before.</p> 	<p><b>26</b> Catch up with an old colleague.</p>	<p><b>27</b> Use apps like StayFree or Freedom to limit how much time you spend on social media.</p>	<p><b>28</b> Organise an office craft afternoon.</p> 	<p><b>22</b> Go out of your way to take a picture or draw something beautiful.</p>	<p><b>23</b> Do something you've been putting off during the week.</p>	
<p><b>31</b> Pick a few of your favourite activities this month and aim to do them regularly.</p>						<p><b>29</b> Download a chair yoga video to follow along at your desk.</p>	<p><b>30</b> Watch your favourite movie.</p>

Find out more at [lookafteryourmentalhealthaustralia.org.au](https://lookafteryourmentalhealthaustralia.org.au)

**WORLD  
MENTAL  
HEALTH  
DAY**

10 OCT

Look after your  
mental health,  
Australia