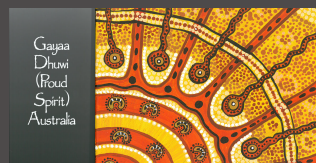


# Mental Health Month

# October 2020



**10 OCT**  
WORLD MENTAL HEALTH DAY

**Mental Health  
Australia**



Try these suggested activities to connect with others, have a bit of fun, and look after your mental health during October! #Lookafteryourmentalhealthaustralia

			THUR	FRI	SAT	SUN
			<b>01</b> Pick a fun book and read it throughout the month	<b>02</b> Send a kind message to one of your mob	<b>03</b> Cook something you've never had before	<b>04</b> Take the kids to the park or for a walk
<b>05</b> Go to bed early and get a good night's sleep	<b>06</b> Text a friend you haven't seen in a long time	<b>07</b> Phone a friend or family member that you haven't seen in a while	<b>08</b> Cook a big feed and post it on the Facebook 'Mobs Feed' page	<b>09</b> Wear some odd socks and post a photo of them on social media #OSD2020	<b>10</b> <b>WORLD MENTAL HEALTH DAY</b> Make a promise to look after your mental health	<b>11</b> Go the whole day without watching news or looking at social media
<b>12</b> Ring your Cousin and tell them a funny yarn	<b>13</b> Try a new exercise or a new sport like softball or riding a bike	<b>14</b> Put on your favourite country song and sing it top note like no one is watching	<b>15</b> Invite people over for a game of cards	<b>16</b> Take a photo of something beautiful and send it to a friend with a kind message	<b>17</b> Have a cuppa with a friend	<b>18</b> Go for a bushwalk and let people know or ask them to join you
<b>19</b> Watch your favourite movie	<b>20</b> Treat yourself to an ice cream or something nice	<b>21</b> Invite a friend over for a feed and a yarn	<b>22</b> Make an effort to compliment/thank the people you interact with	<b>23</b> Sit with an elder and listen to their stories	<b>24</b> Do something creative, like drawing, colouring or writing a story – just for you!	<b>25</b> Ring a brother or sister and tell them how you've been going and have a yarn about what you're feeling or experiencing
<b>26</b> Get dressed in your favourite outfit	<b>27</b> Sit outside for a little bit and soak up the sun	<b>28</b> Watch an episode of your favourite TV show – recommend the show to a friend	<b>29</b> Think of three people you are thankful for – then tell them!	<b>30</b> Write down 5 things you are grateful for... then 5 more... then 5 more!	<b>31</b> Make a list of the things you enjoyed doing this month – and do them again next month!	

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

Visit [www.gayaadhuwi.org.au](http://www.gayaadhuwi.org.au) for information on Aboriginal and Torres Strait Islander social and emotional wellbeing, mental health and suicide prevention