

# 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

**03**  
Go on a walk you've never been on before. Choose a different route, or visit a new place.



**04**  
Get in touch with a friend you haven't spoken to in a while.



**05**  
Send a message of appreciation to someone who has made a positive impact on your life.

**06**  
Watch YouTube videos of cute animals.



**07**  
Consider unfollowing or muting social media accounts that negatively affect your mental health.

**01**  
Set a goal or intention for this month. What does looking after your mental health mean to you?

**02**  
Pick a fun book and read it throughout the month.



**08**  
Listen to your favourite song.

**09**  
Create - draw, play music, or write poetry.



**10**  
**WORLD MENTAL HEALTH DAY**  
Make your mental health promise!

**11**  
Ask your friends what their favourite TV show, book, film, and podcast is. Use it as a new list of recommendations.

**12**  
Think up a plan of what to do if you find yourself doomscrolling.

**13**  
Write a list of three things you're grateful for.

**14**  
Try mind challenges like a jigsaw puzzle, sudoku, or crossword.

**15**  
Learn some calming breathing exercises.

**16**  
Challenge yourself to go a day without any screen time.



**17**  
Get to bed early. Wind down with a cup of herbal tea, a warm bath, soothing music, or essential oils.

**18**  
Leave a positive review for a local business you enjoy like a restaurant, café, or shop.

**19**  
Draw randomly, without thinking about what you're drawing.

**20**  
Follow along with a gentle yoga video.

**21**  
Sing and/or dance.

**22**  
Volunteer for a cause you believe in.

**23**  
Do something you've been putting off during the week.

**24**  
Have a dinner party with friends or family, either in-person or online.



**25**  
Have a coffee with a friend (in person or virtually).

**26**  
Go out of your way to take a picture or draw something beautiful.

**27**  
Use apps like StayFree or Freedom to limit how much time you spend on social media.

**28**  
Get houseplant cuttings from friends to propagate.

**29**  
Wear your most cheerful outfit.

**30**  
Watch your favourite movie.

**31**  
Pick a few of your favourite activities this month and aim to do them regularly.



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

**WORLD  
MENTAL  
HEALTH  
DAY**

10 OCT

Look after your  
mental health,  
Australia