

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.



Friday

Saturday

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 Consider unfollowing or muting social media accounts that negatively affect your mental health.</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. You can use citizen science apps like BirdCount or FrogID.</p>	<p>12 Think up a plan of what to do if you find yourself doomscrolling.</p>	<p>13 Write a list of three things you're grateful for.</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 Leave a positive review for a local business you enjoy like a restaurant, café, or shop.</p> 	<p>19 Go on a walk without a destination in mind.</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 Use apps like StayFree or Freedom to limit how much time you spend on social media.</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>30 Watch your favourite movie.</p>

Find out more at lookafteryourmentalhealthaustralia.org.au

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DAY**

10 OCT

Look after your
mental health,
Australia