



# Mental Health Month October 2022

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 using the ABC's of mental health and wellbeing.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 <b>Awareness</b> Mental health and wellbeing mean different things to different people.	3 <b>Belonging</b> Community involvement is key. Focus on what you have in common with others, and how you can help.	4 <b>Connection</b> Build strong support networks and look out for one another.	5 <b>Downtime</b> Today, take some mental downtime. Let your mind wander or daydream.	6 <b>Enjoyment</b> What do you enjoy? How can you do this more often?	7 <b>Friends &amp; family</b> Get in touch with friends and family. Let them know you care.	1 <b>Getting started</b>
9 <b>Goals</b> Setting goals gives a sense of purpose. Write down three things you'd like to achieve.	10 <b>World Mental Health Day</b>	11 <b>Help</b> Seek help when you need it. There are so many resources available!	12 <b>Individual</b> Check in with yourself.	13 <b>Joy</b> What brings you joy? Make a list.	14 <b>Kindness</b> Today is all about random acts of kindness. Focus on ways you can be kind.	8 <b>Check-in</b>
16 <b>Movement</b> Focus on movement that makes you feel good – dance, stretch, jog, etc.	17 <b>Nature</b> Get outside. Feel the sun on your face and the grass under your feet.	18 <b>Others</b> Use available resources to support others. Showing you care can make a big difference.	19 <b>Physical</b> Exercise is great for releasing feel-good endorphins.	20 <b>Questions</b> It's OK to not have all the answers! What are your questions about mental health?	21 <b>Relationships</b> Healthy relationships are an important part of mental health.	15 <b>Love</b> Today is all about love and self-acceptance.
23 <b>Support</b> Know where to go for support, and how to support others.	24 <b>Time</b> Take some time to do something you really enjoy.	25 <b>Understanding</b> Understanding mental health is so important!	26 <b>Vitality</b> What gives you vitality?	27 <b>Walk</b> Get out into the fresh air and move your feet.	28 <b>X-Factor</b> Celebrate what makes you unique.	22 <b>Almost there</b>
30 <b>Zzz</b> Catch some Zs. Sleep is important for healthy brain function.	31 <b>That's a wrap</b>					29 <b>Yoga</b> Yoga is great for practicing mindfulness.

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

**WORLD MENTAL HEALTH DAY**

10 OCT

**Look after your mental health, Australia**

