



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

# Look after your mental health, Australia.

🔍 [www.lookafteryourmentalhealthaustralia.org.au](http://www.lookafteryourmentalhealthaustralia.org.au)



**01  
Join us!**

Sign up for our campaign and get ready for a special October.

## RAISING AWARENESS FOR MENTAL HEALTH AND WELLBEING

02

### Sharing is caring

Share this calendar to promote positive mental health and wellbeing.



03

### Call a family member

Connect with a family member or loved one today. Be present and open.

04

### Look after you

How can you be kind and loving to yourself today? What do you need?



05

### Show gratitude

What are three things you are grateful for? Write them down.

06

### Boundaries

Reflect on your boundaries. How can you communicate them to others?



07

### Help-seeking

Check out [lookafteryourmentalhealthaustralia.org.au](http://lookafteryourmentalhealthaustralia.org.au) for support and some great resources.



08

### Make connections

Who can you connect with today? A neighbour? Family member? Friend?



## HOW TO GET INVOLVED WITH WORLD MENTAL HEALTH DAY

09

### Be kind

Focus on ways you can be kind, generous and compassionate today.



10

### World Mental Health Day

Post an image and tag – [#MentalHealthMosaic](https://www.instagram.com/mentalhealthmosaic). Be part of our digital Mosaic!



11

### Be colourful

Add some colour to your wardrobe to brighten up your day!



12

### Set some goals

Achieving goals builds confidence. Write yours down (big or small).

13

### Support others

Check in with your loved ones. Tell them you care and appreciate them.

14

### Try something new!

A new coffee shop, new clothes, new morning walk, new recipe – anything!



15

### Sleep well

Try to get 7 – 9 hours of sleep each night this week.

## BELONGING TO A COMMUNITY! AND CONNECTION TO YOURSELF

16

### Take a walk

Get out into the fresh air for a walk. Maybe try a new path.



17

### Be mindful

Take time today to do some breathing exercises. Look online for tips.

18

### Self check in

How are you feeling? How can you best look after yourself today?

19

### Belonging

As humans, we all crave belonging. Who can you reach out to today?

20

### Freshen up Friday

What can you do to feel fresh for the weekend? Swim, pamper, bath...?

21

### Explore nature

Try mindfully observing nature. What can you smell, hear, sense?

22

### Dance in the morning

Start today with a dance. Play your favourite song out loud!

## HAVE FUN!

23

### Laugh

Laughter is key to our wellbeing. Watch or listen to something funny!

24

### Movement

How can you move your body today and make it enjoyable?

25

### Hobbies

Take up a new hobby today! Is there something new you want to try?



26

### Create

Paint, draw, bake, play, create. Let your creative side shine today!

27

### Small wins

Celebrate your wins today. What are you proud of yourself for?



28

### Meditate

Meditation is a powerful tool for our minds. Try a new meditation.

29

### Your toolbox

Reflect on the tips, tricks and habits that worked for you, and why?



## LOOK AFTER YOUR MENTAL HEALTH EVERYDAY, AUSTRALIA

30

### Future you

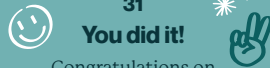
How can you keep practicing these tools in your life moving forward?



31

### You did it!

Congratulations on committing to look after your mental health, Australia!



#LookAfterYourMentalHealthAustralia #MentalHealthMosaic #WMHD2023

### Need Support?

Lifeline 13 11 14

Lifeline Text 0477 13 11 14

Beyond Blue 1300 224 636

Butterfly Foundation 1800 334 673

Suicide Call Back 1300 659 467

Kids Helpline 1800 55 1800

MensLine Australia 1300 789 978

QLife 1800 184 527

Carer Support 1800 242 636

SANE Australia 1800 187 263

Open Arms 1800 011 046

