



# Daily ideas for looking after your mental health this October

Mental Health Australia has launched its October 2021 calendars for Mental Health Month ahead of World Mental Health Day on 10 October, including daily ideas for all Australians to look after their mental health in the midst of the ongoing pandemic.

Mental Health Australia's downloadable and printable calendars are tailored with some great tips for different audiences, including: the general public, young adults, families, older Australians, and workplaces.

Mental Health Australia CEO, Dr Leanne Beagley says the ongoing COVID-19 pandemic is creating an overwhelming situation for many Australians and these daily ideas will help reduce stigma, encourage help seeking and connect communities.

"The calendars provide reminders of something small and tangible we can all do each day to look after our own mental health, as well as improve the wellbeing of others in our families and broader communities," said Dr Beagley.

"Suggestions like, 'listen to your favourite song', 'get in touch with a friend you haven't spoken to in a while', 'go bird watching or frog spotting', or 'leave a positive review for a business you enjoy' are simple and practical, and can really have a positive effect on our mental health.

"Small acts of self-care, mindfulness, and random acts of kindness have been shown to be very effective ways of improving mental wellbeing. So too are strategies like going outside and maintaining social connection, as well as physical activity.

"This matters to everyone. And we can all benefit from looking after our own mental health and the mental health of our families and communities.

"The point of the calendars is to provide all Australians with daily ideas of ways to reflect, have fun, and find connection throughout Mental Health Month this October."



You can download the calendars from


[lookafteryourmentalhealthaustralia.org.au/calendars/](https://lookafteryourmentalhealthaustralia.org.au/calendars/)

To find out more about World Mental Health Day activity this year use the hashtag

#LookAfterYourMentalHealthAustralia or go to

[lookafteryourmentalhealthaustralia.org.au](https://lookafteryourmentalhealthaustralia.org.au)

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### 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
<b>03</b> Go on a walk you've never been on before. Choose a different route, or visit a new place.	<b>04</b> Get in touch with a friend you haven't spoken to in a while.	<b>05</b> Send a message of appreciation to someone who has made a positive impact on your life.	<b>06</b> Have your favourite meal for dinner.	<b>07</b> Consider unfollowing or muting social media accounts that negatively affect your mental health.	<b>01</b> Set a goal or intention for this month. What does looking after your mental health mean to you?	<b>02</b> Pick a fun book and read it throughout the month.
<b>10</b> <b>WORLD MENTAL HEALTH DAY</b> Make your mental health promise!	<b>11</b> Go bird watching or frog spotting. You can use citizen science apps like BirdCount or FrogID.	<b>12</b> Think up a plan of what to do if you find yourself doomscrolling.	<b>13</b> Write a list of three things you're grateful for.	<b>14</b> Try mind challenges like a jigsaw puzzle, sudoku, or crossword.	<b>08</b> Listen to your favourite song.	<b>09</b> Pick up an old hobby you enjoy but haven't had much time for lately.
<b>17</b> Get to bed early. Wind down with a cup of herbal tea, a warm bath, soothing music, or essential oils.	<b>18</b> Leave a positive review for a local business you enjoy like a restaurant, café, or shop.	<b>19</b> Go on a walk without a destination in mind.	<b>20</b> Follow along with a gentle yoga video.	<b>21</b> Sing and/or dance.	<b>15</b> Learn some calming breathing exercises.	<b>16</b> Challenge yourself to go a day without any screen time.
<b>24</b> Have a dinner party with friends or family, either in-person or online.	<b>25</b> Cook something you've never had before.	<b>26</b> Go out of your way to take a picture or draw something beautiful.	<b>27</b> Use apps like StayFree or Freedom to limit how much time you spend on social media.	<b>28</b> Get houseplant cuttings from friends to propagate.	<b>22</b> Volunteer for a cause you believe in.	<b>23</b> Do something you've been putting off during the week.
<b>31</b> Pick a few of your favourite activities this month and aim to do them regularly.	Find out more at <a href="https://lookafteryourmentalhealthaustralia.org.au">lookafteryourmentalhealthaustralia.org.au</a>					<b>30</b> Watch your favourite movie.

**WORLD MENTAL HEALTH DAY**  
10 OCT

Look after your mental health, Australia



## Online and telephone resources

- Head to Health: [headtohealth.gov.au](http://headtohealth.gov.au)
- Lifeline: 13 11 14 - 24 hours a day, 7 days a week. Text 0477 13 11 14 – 6pm to midnight (AEDT), 7 nights a week
- Beyond Blue: 1300 22 4636 [beyondblue.org.au](http://beyondblue.org.au)
- Butterfly Foundation National Helpline: 1800 334 673
- Carer Support: 1800 242 636 or 1300 554 660
- SANE Australia Helpline: 1800 187 263
- Suicide Call Back Service: 1300 659 467
- Kids Helpline: 1800 55 1800 [kidshelpline.com.au](http://kidshelpline.com.au)
- MensLine Australia: 1300 789 978
- QLife: 1800 184 527
- Open Arms – Veterans and Families Counselling: 1800 011 046
- Black Dog: [blackdoginstitute.org.au](http://blackdoginstitute.org.au)
- Headspace: [eheadspace.org.au](http://eheadspace.org.au)
- R U OK?: [ruok.org.au](http://ruok.org.au)
- ReachOut: [au.reachout.com](http://au.reachout.com)
- World Mental Health Day: [lookafteryourmentalhealthaustralia.org.au](http://lookafteryourmentalhealthaustralia.org.au)

