



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

Find out more at lookafteryourmentalhealthaustralia.org.au

WORLD MENTAL HEALTH DAY

10 OCT

Look after your mental health, Australia

