

CONNECT WITH YOUR COMMUNITY

OCTOBER

WORLD MENTAL HEALTH DAY 10.10.2025

1 REFLECT

Reflect on the communities you connect with, and one way you will connect this Mental Health Month



2 JOIN A GROUP

Join a new community club or group – positive social support can help us manage stress.

3 EXERCISE

Connect through exercise! Stretch with a friend or family member to start your day together.



4 TAKE NOTICE

Notice your surroundings—think about what connects you to your neighbourhood.

5 HELP OUT

Connect with people in your life or community who may need a hand – drop an offer of help in a note in a letterbox.

6 BE KIND

Connect with kindness – showing kindness can help others, and improve your own wellbeing.

7 GIVE BACK

Give back to the communities you are connected to – make a to-do list of ways to help out or donate.

8 DANCE

Connect through dancing! Share your favourite song with someone else and boogie!

9 REST

Prioritise rest—being well-rested helps you show up for your community.

WORLD MENTAL HEALTH DAY

10 SHARE

Share how you are connecting with your community and tag #WMHD25

11 JOURNAL

Journal about how connecting with others makes you feel.

12 CONNECT

Connect through something new – try a new interest, class or group!



13 COFFEE

Connect through a coffee or a meal – prepare or share with friends, family, or neighbours.

14 PARK DATE

Connect with your friends in nature and have a picnic.



15 EXERCISE

Move your body—walk with a neighbour or join a local walking group.

16 IN PERSON

Mix it up – take a break from screens and connect with someone face-to-face.

17 CHECK IN

Make a phone call to a friend or loved one, or another member of your community, to check-in.

18 GRATITUDE

Write down 3 things you're grateful for in the communities you are connected to.



19 SAY HELLO

Start a conversation with someone new today to build confidence and community.

20 COMMUNITY

Connect through your local council – councils offer a variety of programs and activities that support community connection and participation.

25 FRIENDSHIP

Reconnect with a friend, or make new friends in a new community group.



22 TALK

Catch up with someone and talk about what community means to you.



21 BREAKY

Share a healthy breakfast with someone close to you.



23 TREAT YOURSELF

Treat yourself and support a local café or restaurant.



24 VOLUNTEER

Volunteer or find one way to help in your community.



30 SOCIAL MEDIA

Swap negative social media vibes for your local community centre's social media page for ways to get involved in the community directly around you.

31 MAKE A LIST

Make a list of the community connections you will keep on building to connect with your community!

26 HOBBIES

Enjoy one of your hobbies and invite someone to join you.



27 POSITIVITY

Write 3 positive affirmations and share them with a friend.

28 READ

Join a community book club.

29 CELEBRATE

Celebrate a small achievement with someone who supported you.

