

# CONNECT WITH YOUR COMMUNITY

# OCTOBER

WORLD MENTAL HEALTH DAY 10.10.2025

## 1 SET A GOAL

Write down a positive mental health goal for this month.



## 2 CLEAR YOUR MIND

Meditate for 10 minutes.



## 3 SET A BOUNDARY

Set boundaries to protect your wellbeing and avoid overwhelm.

## 8 SUPPORT

Reach out to your mob if you need support.



## 4 TAKE SOME TIME

Take some time to learn about your ancestors.



## 5 REACH OUT

Reach out and talk to your mob – you're not alone.



## 6 CONNECT

Connect with your culture through art, language, storytelling, or time on Country.

## 7 GET SOME SLEEP

Ensure you're getting enough restful sleep – ideally 7-9 hours per night.



## 12 WALK

Head outside for a walk.

## 13 STRETCH

Start your day with a 5-minute stretch.

## 14 RELAX

Watch your favourite movie or TV show.



## WORLD MENTAL HEALTH DAY

## 10 MEDITATE

Watch a guided meditation at <https://bit.ly/3VS0bPQ>

## 15 NO SOCIALS

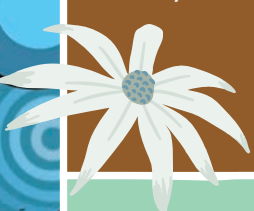
Take a break from social media and switch off.

## 11 HAVE A YARN

Connect with others and have a yarn.

## 16 KIND TEXT

Send a kind text to one of your mob.



## 17 HAVE A BREAK

Take a short break when you need.

## 18 SERVICES

Don't be ashamed, engage with culturally safe support services if you need them, visit <https://bit.ly/4lcOHB9> or scan the QR code below.

## 19 GET OUTSIDE

Get outside and connect to Country.

## 20 CALL A FRIEND

Reach out to a friend you haven't talked to in a while.

## 21 SOCIAL MEDIA

Unfollow people and accounts on social media that make you feel no good.

## 22 SELF LOVE

Be kind to yourself – you're doing great.

## 27 RESOURCE

Check out the resources on the Gayaa Dhuwi website <https://bit.ly/3xHK3bC>



## 26 ENJOY

Enjoy a cuppa outside.



## 23 GRATITUDE

Write down 3 things you are grateful for today.



## 28 SCREENS

Turn off screens at least 30-60 minutes before bed.



## 24 EXERCISE

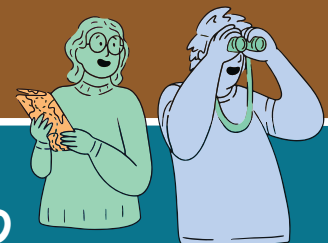
Move your body – it boosts mood, self-esteem, and emotional resilience.

## 29 HAVE A FEED

Cook up a mad feed (or order your favourite Uber Eats!)

## 25 LISTEN

Listen to a yarn from one of your Elders.



## 30 NATURE

Spend some time in nature.

## 31 PRACTICING

What tips can you keep practicing for your mental health?

This is a collaborative project with contributions from Gayaa Dhuwi (Proud Spirit) Australia and artwork by Kristie Peters.

[mentalhealthaustralia.org.au/get-involved/2025-world-mental-health-day](https://mentalhealthaustralia.org.au/get-involved/2025-world-mental-health-day)

Need Help?



[gayaadhuwi.org.au/if-you-need-help/](https://gayaadhuwi.org.au/if-you-need-help/)



**Gayaa Dhuwi (Proud Spirit) Australia**  
Aboriginal and Torres Strait Islander Leadership in Social and Emotional Wellbeing, Mental Health and Suicide Prevention



**Mental Health Australia**