

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

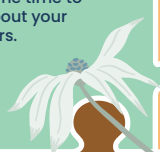
Reach out to your mob if you need support.



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.



13

STRETCH

Start your day with a 5-minute stretch.

9

CHALLENGE

Learn something new – take up a hobby, skill, or small challenge.

WORLD MENTAL HEALTH DAY

10

MEDITATE

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

11

HAVE A YARN

Connect with others and have a yarn.

12

WALK

Head outside for a walk.

14

RELAX

Watch your favourite movie or TV show.



15

NO SOCIALS

Take a break from social media and switch off.

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.

23

GRATITUDE

Write down 3 things you are grateful for today.



24

EXERCISE

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

25

LISTEN

Listen to a yarn from one of your Elders.



27

RESOURCE

Check out the resources on the Gayaa Dhuwi website <https://bit.ly/3xHK3bc>



26

ENJOY

Enjoy a cuppa outside.

28

SCREENS

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



29

HAVE A FEED

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

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

Need Help?



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