

CONNECT WITH YOUR COMMUNITY

OCTOBER

WORLD MENTAL HEALTH DAY 10.10.2025

1 SET AN INTENTION

Working towards a goal can keep you focused and motivated.



2 CLEAR YOUR MIND

Take a 10-minute mindfulness break to reset.



3 EMBRACE MORE QUIET

Turn off non-essential phone notifications.

4 OUTDOOR MINDFULNESS

Spend some time in nature, noticing the sights and sounds around you.

5 BIG STRETCH!

A 5-minute morning stretch boosts both your circulation and your mood.



6 THE BRIGHT SIDE

Write down three things you're grateful for.

7 SPREAD POSITIVE VIBES

Send a kind message to a friend.



8 QUALITY TIME

Spend time with a family member or your chosen family to stay connected.

9 DRESS UP

Have a makeover or dress-up day with a friend to feel like your best self.

WORLD MENTAL HEALTH DAY



10 SAY HELLO

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

11 PUSH YOURSELF

Do something out of your comfort zone. Growth comes from trying new things.

12 RECONNECT

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



13 REFLECT

Try journaling or doing a meditation to reflect at the end of the day.

14 FEEL ORGANISED

Start the day by writing down your to-do list – it'll keep you on track.



15 DIGITAL DETOX

Take a break from social media today.

16 BOOST THE VOLUME

Create a feel-good music playlist for hard days.

17 GET CREATIVE

Try a new recipe or craft to break up the day and add some fun into your routine.

18 HOBBIES

Start learning a new hobby or skill – learning stimulates the brain!



19 SELF-COMPASSION

Practice being kind to yourself today.



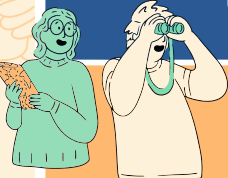
20 ENDORPHINS

Go for a walk or a run to release some feel-good hormones.



21 COMMUNITY

Visit a local event to meet new people who share your passions and interests.



22 EXPLORE

Become a tourist in your own town and visit somewhere you've never been before.



23 PARK DATE

Connect with your friends in nature and have a picnic.



24 KEEP LEARNING

Signing up for a local class or group is a great way to naturally build friendships.

25 ONE DAY AT A TIME

Focusing on the day ahead can help when the big picture is overwhelming.



26 SOLO DATE

Time alone recharges your batteries so go out on your own or do something you enjoy at home.

27 OWN YOUR JOURNEY

Reflect on your personal journey and how far you've come.

28 BE PROUD

Celebrate small wins. Progress is progress and every step matters.

29 VOLUNTEER

Helping others feels good and connects you to your community.



30 LEND AN EAR

Ask someone how they really are, and truly listen.

