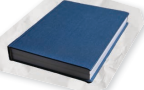
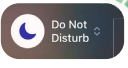
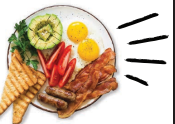


TOGETHER WE THRIVE

OCTOBER 2026

MON	TUES	WED	THURS	FRI	SAT	SUN
YOUR MENTAL HEALTH MONTH STARTS   worldmentalhealthday.com.au <i>right here!</i>				1	2	3
				CREATE Spend some time drawing, colouring, or painting. 	BREATHE  Sit quietly and focus on your breath for a few minutes.	WALK  Go outside for a walk with a friend.
				4		MOVE  Take part in a sport or physical activity you enjoy.
5	6	7	8	9	10	11
GATHER  Invite family or friends over for a meal.	SIP  Go for a coffee at your favourite local spot.	READ A BOOK  	SPEND TIME IN NATURE  08/10/26	UNPLUG  Switch off all screens one hour before bedtime, and for one hour after waking.	WORLD MENTAL HEALTH DAY!  SOCIALISE Spend time with friends.	CONNECT  Connect with people from your community.
12	13	14	15	16	17	18
APPRECIATE  Think about something you are grateful for.	REFLECT  Spend time in reflection, meditation or prayer.	CRAFT  Spend time sewing or creating something with your hands.	CALL A LOVED ONE  	HAVE AN OUTING  Take yourself out on a date (to the movies / cafe / dinner).	REVIEW  Review your day and notice what went well.	REACH OUT  Reach out to someone you trust.
19	20	21	22	23	24	25
SPEND TIME  Spend time with others through social or community groups.	TAKE A MOMENT  Enjoy a hot cup of coffee or tea.	GARDEN  Spend time in a garden or park or looking after plants.	WATCH  Watch a movie or show you enjoy.	PLAN  Plan a get-together with someone you enjoy spending time with.	LISTEN  Listen to music or sing along to your favourite songs.	LAUGH  Watch stand-up comedy or something funny and enjoy a good laugh.
26	27	28	29	30	31	
CATCH UP ON SLEEP  ★	COOK YOUR FAVOURITE MEAL 	REFRESH YOUR SPACE  Do some spring cleaning, like tidying your pantry.	SING  Sing whenever you feel like it, even for a few minutes.	NURTURE  Take small steps to care for your body with intention and kindness.	START A NEW HOBBY  For a full list of services visit	CONGRATS YOU MADE IT! <i>Well done!</i> 



Embrace Multicultural Mental Health supports people from culturally and linguistically diverse backgrounds. This is a collaborative project developed with contributions from Embrace Multicultural Mental Health's Lived Experience Group.

If you are experiencing distress or need mental health support, please contact:
Lifeline: 13 11 14 or lifeline.org.au
Beyond Blue: 1300 22 46 36 or beyondblue.org.au

