

TOGETHER WE THRIVE

OCTOBER 2026

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



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

