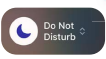


TOGETHER WE THRIVE

OCTOBER 2026

MON	TUES	WED	THURS	FRI	SAT	SUN
YOUR MENTAL HEALTH MONTH STARTS  REACHOUT <i>right here!</i>			BRAIN DOWNLOAD  Write down what's on your mind to clear the mental clutter.	PROTECT YOUR SLEEP  <i>Tips for a good sleep</i> Leave your phone in another room before bed.	PRACTICE MINDFULNESS  <i>More about mindfulness</i> Name 5 things you see, 4 you hear, 3 you feel, 2 you smell, and 1 you taste.	MORNING ROUTINE  Self care: make your bed, stretch, eat breakfast.
REST BEFORE YOU'RE TIRED  Spend 30 minutes doing absolutely nothing - it sustains your energy in the long run.	SIT WITH A WORRY  Ask yourself: am I reading this situation honestly, or overthinking & distorting it?	DUST OFF AN OLD HOBBY  Pick up a game, craft, or activity you used to love.	TAKE A NATURE BREAK  Take 10 minutes outside with your phone on silent, enjoying nature.	WALK & TALK  Text a friend or family member and go for a stroll together.	WORLD MENTAL HEALTH DAY!  <i>How music supports wellbeing</i> Put on your favourite playlist.	TAKE FIVE  Find a quiet spot outside and take five deep, slow belly breaths.
MOVE YOUR WAY  Stretch, jog, or have a quick solo dance party.	FIND THE WINS  <i>guide to gratitude</i> Write down three things you're grateful for.	BREATHE TOGETHER Join a meditation class, helping your social life & nervous system. 	UNPLUG FOR A BIT  Delete the apps for 48 hours to reconnect offline.	ERRAND BUDDIES  Turn chores like grocery shopping into chances to connect.	SEND A KIND TEXT  Thinking of you x Reach out to someone you haven't spoken to in a while.	HOST A POTLUCK  Get friends together and have everyone bring a dish.
LEARN A MICRO-SKILL  Spend 10 minutes learning a new word or trying a brain game to keep your brain engaged.	COFFEE DATE  Meet up instead of texting for some face-to-face time.	MOVIE NIGHT ON A BUDGET  Everyone brings a snack to share and you'll have a feast!	JOIN THE CLUB  Join a run club, social sports team or book club to meet others who share your interest.	ONLINE GAME NIGHT  Catch up with friends over online games or quizzes.	LOCAL NOTICE BOARDS  Join us! Gardening Club Tuesdays 4pm Find community groups that align with your passions.	RANDOM ACT OF KINDNESS  Offering someone a lift or making them a meal helps us feel like we belong.
LEND A HAND  <i>How connecting with our values lift us up</i> Sign up for volunteering to give back to your community.	CONNECT WITH ANIMALS  Spend time with a pet or volunteer with furry friends at a local shelter.	QUIET TIME  <i>Self-care tips</i> Dedicate 20 minutes to a low-energy activity like colouring in.	SAY HI TO A NEIGHBOUR  Learn the names of two people living near you to build community.	MAKE A VOICE NOTE  Record your worries out loud to help take the power out of the stress.	SWAP ITEMS  Exchange a favourite book, movie or album with a friend to boost your connection.	CONGRATS YOU MADE IT! <i>Well done!</i> 



This is a collaborative project developed with contributions from **ReachOut's** youth contributors William, Anastasia, Sonia, Rebecca, Frankie, Ria, Maddie, Aleena, Rei, and Raji.

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

