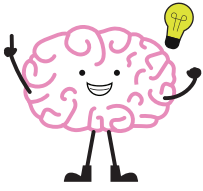
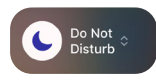
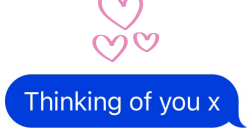
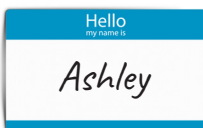


# TOGETHER WE THRIVE

## OCTOBER 2026

| MON                                                                                                                                                                                                                                                                                                    | TUES                                                                                                                                                                                                                                      | WED                                                                                                                                                                                                                                                   | THURS                                                                                                                                                                                                                                                                               | FRI                                                                                                                                                                                                                                  | SAT                                                                                                                                                                                                                                                    | SUN                                                                                                                                                                                                                                               |                                                                                                                                                                                                                     |                                                                                                                                                                                                                                   |                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                         |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div>1</div> <div><b>YOUR MENTAL HEALTH MONTH STARTS</b></div> <div></div> <div><b>REACHOUT</b></div> <div> <i>right here!</i></div> | <div>2</div> <div><b>BRAIN DOWNLOAD</b></div> <div></div> <div>Write down what's on your mind to clear the mental clutter.</div>                        | <div>3</div> <div><b>PROTECT YOUR SLEEP</b></div> <div></div> <div><i>Tips for a good sleep</i></div> <div>Leave your phone in another room before bed.</div>      | <div>4</div> <div><b>PRACTICE MINDFULNESS</b></div> <div></div> <div><i>More about mindfulness</i></div> <div>Name 5 things you see, 4 you hear, 3 you feel, 2 you smell, and 1 you taste.</div> | <div>5</div> <div><b>MORNING ROUTINE</b></div> <div></div> <div>Self care: make your bed, stretch, eat breakfast.</div>                           | <div>6</div> <div><b>REST BEFORE YOU'RE TIRED</b></div> <div></div> <div>Spend 30 minutes doing absolutely nothing - it sustains your energy in the long run.</div> | <div>7</div> <div><b>SIT WITH A WORRY</b></div> <div></div> <div>Ask yourself: am I reading this situation honestly, or overthinking &amp; distorting it?</div> | <div>8</div> <div><b>DUST OFF AN OLD HOBBY</b></div> <div></div> <div>Pick up a game, craft, or activity you used to love.</div> | <div>9</div> <div><b>TAKE A NATURE BREAK</b></div> <div></div> <div>Take 10 minutes outside with your phone on silent, enjoying nature.</div> | <div>10</div> <div><b>WALK &amp; TALK</b></div> <div></div> <div>Text a friend or family member and go for a stroll together.</div> | <div>11</div> <div><b>WORLD MENTAL HEALTH DAY!</b></div> <div></div> <div><i>How music supports wellbeing</i></div> <div>Put on your favourite playlist.</div> | <div>12</div> <div><b>TAKE FIVE</b></div> <div></div> <div>Find a quiet spot outside and take five deep, slow belly breaths.</div> |
| <div>13</div> <div><b>MOVE YOUR WAY</b></div> <div></div> <div>Stretch, jog, or have a quick solo dance party.</div>                                                                                                | <div>14</div> <div><b>FIND THE WINS</b></div> <div></div> <div><i>guide to gratitude</i></div> <div>Write down three things you're grateful for.</div> | <div>15</div> <div><b>BREATHE TOGETHER</b></div> <div></div> <div>Join a meditation class, helping your social life &amp; nervous system.</div>                    | <div>16</div> <div><b>UNPLUG FOR A BIT</b></div> <div></div> <div>Delete the apps for 48 hours to reconnect offline.</div>                                                                      | <div>17</div> <div><b>ERRAND BUDDIES</b></div> <div></div> <div>Turn chores like grocery shopping into chances to connect.</div>                | <div>18</div> <div><b>SEND A KIND TEXT</b></div> <div></div> <div>Thinking of you x</div> <div>Reach out to someone you haven't spoken to in a while.</div>       | <div>19</div> <div><b>HOST A POTLUCK</b></div> <div></div> <div>Get friends together and have everyone bring a dish.</div>                                   |                                                                                                                                                                                                                     |                                                                                                                                                                                                                                   |                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                         |
| <div>20</div> <div><b>LEARN A MICRO-SKILL</b></div> <div></div> <div>Spend 10 minutes learning a new word or trying a brain game to keep your brain engaged.</div>                                                  | <div>21</div> <div><b>COFFEE DATE</b></div> <div></div> <div>Meet up instead of texting for some face-to-face time.</div>                              | <div>22</div> <div><b>MOVIE NIGHT ON A BUDGET</b></div> <div></div> <div>Everyone brings a snack to share and you'll have a feast!</div>                           | <div>23</div> <div><b>JOIN THE CLUB</b></div> <div></div> <div>Join a run club, social sports team or book club to meet others who share your interest.</div>                                   | <div>24</div> <div><b>ONLINE GAME NIGHT</b></div> <div></div> <div>Catch up with friends over online games or quizzes.</div>                    | <div>25</div> <div><b>LOCAL NOTICE BOARDS</b></div> <div></div> <div>Find community groups that align with your passions.</div>                                   | <div>26</div> <div><b>RANDOM ACT OF KINDNESS</b></div> <div></div> <div>Offering someone a lift or making them a meal helps us feel like we belong.</div>    |                                                                                                                                                                                                                     |                                                                                                                                                                                                                                   |                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                         |
| <div>27</div> <div><b>LEND A HAND</b></div> <div></div> <div><i>How connecting with our values lift us up</i></div> <div>Sign up for volunteering to give back to your community.</div>                             | <div>28</div> <div><b>CONNECT WITH ANIMALS</b></div> <div></div> <div>Spend time with a pet or volunteer with furry friends at a local shelter.</div>  | <div>29</div> <div><b>QUIET TIME</b></div> <div></div> <div><i>Self-care tips</i></div> <div>Dedicate 20 minutes to a low-energy activity like colouring in.</div> | <div>30</div> <div><b>SAY HI TO A NEIGHBOUR</b></div> <div></div> <div>Learn the names of two people living near you to build community.</div>                                                  | <div>31</div> <div><b>MAKE A VOICE NOTE</b></div> <div></div> <div>Record your worries out loud to help take the power out of the stress.</div> | <div>32</div> <div><b>SWAP ITEMS</b></div> <div></div> <div>Exchange a favourite book, movie or album with a friend to boost your connection.</div>               | <div>33</div> <div><b>CONGRATS YOU MADE IT!</b></div> <div></div> <div><i>Well done!</i></div>                                                               |                                                                                                                                                                                                                     |                                                                                                                                                                                                                                   |                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                         |



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](https://lifeline.org.au)  
**Beyond Blue:** 1300 22 46 36 or [beyondblue.org.au](https://beyondblue.org.au)

