

# Mental Health Month

# October 2020

**10 OCT**  
WORLD MENTAL HEALTH DAY

Mental Health  
Australia



Try these suggested activities to connect with others, have a bit of fun, and look after your mental health during October! #Lookafteryourmentalhealthaustralia

			THUR	FRI	SAT	SUN
			<b>01</b> Pick a fun book and read it throughout the month	<b>02</b> Send a kind message to a friend or family member (challenge yourself to send one message a day!)	<b>03</b> Bake something you've never tried to before	<b>04</b> Go for a walk around your neighbourhood
MON	TUE	WED				
<b>05</b> Aim to be in bed at an early hour – challenge yourself to do this for the rest of the week	<b>06</b> Hand write some cards and send them to people you care about	<b>07</b> Call a friend or family member	<b>08</b> Cook your favourite meal for dinner	<b>09</b> Wear some odd socks and post a photo of them on social media #OSD2020	<b>10</b> <b>WORLD MENTAL HEALTH DAY</b> Make a promise to look after your mental health	<b>11</b> Take a break from social media and the news – challenge yourself to go the whole day
<b>12</b> Drop a note into your neighbour's letterbox, letting them know you're around if they need anything	<b>13</b> Try a new exercise like yoga, running or HIIT – challenge yourself to do it three times this month	<b>14</b> Put on your favourite song and sing along loudly – dance around!	<b>15</b> Donate some clothes and/or items from around your house that could benefit others	<b>16</b> Take a photo of something beautiful and send it to a friend with a kind message	<b>17</b> Video chat a friend or family member, or have a cup of tea in person if you can	<b>18</b> Go for a long walk and listen to a podcast you like, or try a new one
<b>19</b> Watch your favourite movie	<b>20</b> Clean up your bedroom, light some candles and read some of your book	<b>21</b> Invite a friend over for a meal/video chat with them over a meal	<b>22</b> Make an effort to compliment/thank the people you interact with	<b>23</b> Leave a positive review for a local restaurant/shop or somewhere you frequent in your area	<b>24</b> Do something creative, like drawing, colouring or writing a story – just for you!	<b>25</b> Call a trusted friend and tell them how you've been going, and invite them to do the same
<b>26</b> Get dressed in your favourite outfit	<b>27</b> Sit outside for a little bit and soak up the sun	<b>28</b> Watch an episode of your favourite TV show – recommend the show to a friend	<b>29</b> Think of three people you are thankful for – then tell them!	<b>30</b> Write down 5 things you are grateful for... then 5 more... then 5 more!	<b>31</b> Make a list of the things you enjoyed doing this month – and do them again next month!	