




Mental Health Month October 2021

Good mental health is when we can cope with the stressors of our daily lives, participate in loving relationships, contribute to our community, and work towards our goals. Everyone has mental health. And we can all benefit from looking after our own mental health and the mental health of our communities. Here are some ideas for ways to reflect, have fun, and find connection through October.



Friday

Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>03 Go on a family walk you've never been on before. Choose a different route, or visit a new place.</p>	<p>04 Make a video call to someone you all know together.</p> 	<p>05 Send a message of appreciation to someone who has made a positive impact on family.</p>	<p>06 Watch YouTube videos of cute animals.</p> 	<p>07 Teach your children a skill - and have them teach you a skill in return.</p>	<p>08 Listen to each family member's favourite song.</p>	<p>09 Take a trip to the library and have each family member borrow a book.</p> 
<p>10 WORLD MENTAL HEALTH DAY Get everyone in your family to make a mental health promise!</p>	<p>11 Go bird watching or frog spotting. You can use citizen science apps like BirdCount or FrogID.</p>	<p>12 Make up a story together.</p>	<p>13 Get everyone in the family to draw a part of your pet, then make a portrait using all the pictures.</p>	<p>14 Do a jigsaw puzzle together.</p> 	<p>15 Blow bubbles.</p> 	<p>16 Challenge your family to go a day without any screen time.</p>
<p>17 Fly a kite!</p> 	<p>18 Leave a positive review together for a local business you enjoy like a restaurant, café, or shop.</p> 	<p>19 Do some colouring together before bed.</p>	<p>20 Find a kid-friendly yoga video you can follow along with as a family.</p>	<p>21 Make an indoor cubby house out of cushions and blankets.</p>	<p>22 Go on a walk together and have a friendly "best photo of the walk" competition.</p>	<p>23 Go to a museum or the zoo to see in-person or virtual exhibits.</p>
<p>24 Go to the playground.</p>	<p>25 Pick out a meal you've never had before and make it together.</p> 	<p>26 Make and drink hot chocolates together.</p>	<p>27 Build something together with lego, cardboard, or any other material you think of.</p>	<p>28 Go around in a circle and name the three best things that happened to each of you today.</p>	<p>29 Watch a family favourite movie together.</p>	<p>30 Camp overnight in the backyard.</p>
<p>31 Pick a few of your favourite activities this month and aim to do them regularly.</p>						

Find out more at lookafteryourmentalhealthaustralia.org.au

**WORLD
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HEALTH
DAY**

10 OCT

Look after your
mental health,
Australia