

MEANINGFUL CONNECTIONS

MATTER 10 10 24

WORLD MENTAL HEALTH DAY



NEED SUPPORT?

- Lifeline 13 11 14
- Lifeline text 0477 13 11 14
- Beyond Blue 1300 22 46 36
- Carer Support 1800 242 636
- SANE Australia 1800 187 263
- Open Arms 1800 011 046
- 13YARN 13 92 76
- QLife 1800 184 527
- Suicide Call Back 1300 659 467
- Kids Helpline 1800 55 1800
- MensLine Australia 1300 78 99 78
- Butterfly Foundation 1800 33 4673

SHORT TIPS FOR A MONTH OF MINDFULNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
JOIN US	01 Write down your mental health goal for this month	02 STRETCH IT OUT Start your day with a 5-minute stretch	03 SENSE CHECK Connect with your senses and practice being present	04 SPREAD GOOD VIBES Send a kind text to a good friend	05 CONNECT Catch up with someone who sees your value	06 TO-DO LIST Write a to-do list for the week ahead to achieve your goals
07 DANCE Put on your favourite playlist and lift your mood	08 MEDITATE Listen to a free 10-minute meditation on YouTube	09 PRIORITISE SLEEP Go to bed early and get 7-9 hours sleep tonight	WORLD MENTAL HEALTH DAY Share your meaningful connections and tag #WMHD24	11 HYDRATE Aim to drink 6-8 glasses of water today	12 FEAST Grab some friends for a potluck dinner	13 SLOW DOWN Find time to listen to your favourite music or podcast
14 MOVE YOUR BODY Run, stretch or do any physical activity that suits your body	15 SCREENS DOWN Put your screens down at least 30 mins before bed	16 CHECK IN Call a friend and ask how they're feeling	17 GRATITUDE ATTITUDE Write down or think of 3 things you're grateful for	18 JOURNAL Connect with yourself by jotting down your thoughts	19 RESET Go outside for a stroll, roll, or a few deep breaths to reset	20 SPRING CLEAN Declutter one room today to free up your mind
21 NOURISH Start the day with a healthy breakfast	22 INDULGE Treat yourself to a favourite meal today	23 COMMUNITY Think of one way you can volunteer or help your community	24 OLD CONNECTIONS Connect with a friend you haven't talked to in a while	25 HAVE FUN Take time today to do one of your hobbies or try a new one	26 I AM... Write 3 positive affirmations about yourself	27 ME TIME Grab a hot drink and get lost in a good book
28 HIGH FIVE Celebrate a small achievement today	29 SOCIAL DETOX Unfollow toxic people and accounts on social media	30 GET OUTDOORS Go outside and feel the sun, rain or wind on your face	31 FUTURE YOU Which tips can you keep practicing for good mental health?	CONGRATULATIONS on finishing a month of daily wellbeing tips!		

