

CALENDAR OF TIPS TO TUNE IN

MON

3

PUBLIC HOLIDAY
Spend quality time with friends or family

10

WORLD MENTAL HEALTH DAY
Tune in to yourself with a guided meditation

17

Focus on a task you normally do on autopilot- Like brushing teeth or driving

24

Set a consistent bedtime for the week

31

Help someone out by carrying a stranger's shopping or buying milk for a Neighbour

TUES

4

Set an intention for the day

11

Do something creative - paint, draw, knit or cook

18

Have a good laugh, reminisce on a funny story in the last year or find some funny memes

25

Reach out to a friend today and check about in how they are feeling

WED

5

Read a book or listen to a story

12

Let someone know something you cherish about them via a short text/email

19

Practice self-compassion by being kind to yourself

26

Listen to music while cooking, cleaning or just moving about the house

THURS

6

Make a small connection- chat to a barista or neighbour

13

Take a device break and try this colouring in

20

Nourish yourself with a favourite meal

27

Be still, sit with sun on your skin and be quiet for a few minutes

FRI

7

Get informed and start a discussion about stigmatizing language

14

Allow yourself to be curious and explore something that sparks your curiosity

21

Take time to rest, listen to your body and give yourself a reset

28

Tune into the small wins by celebrating something you did well today

SAT

1

Take a few slow deep breaths - see what senses you can tune in to

8

Try a new skill, hobby or learn something new and share it with someone

15

Be playful as you move about your house maybe dancing, skipping, stretching

22

Spend time in the garden or out in nature

29

Have a cuppa with someone who makes you feel good

SUN

2

Get moving- walk, jump, skip, swim, dance

9

Practice gratitude by writing down three things you were grateful for this week

16

Set aside an hour to recharge with a bubble bath or cuddle a furry friend

23

Notice your emotions, name and sit with these feelings without judgement

30

Be curious and tune in to someone else's story or experience

Follow along as we Tune In during the month of October



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MENTAL HEALTH MONTH
OCTOBER