

MON

TUE

WED

THU

FRI

SAT

SUN

This October, taking a few simple initiatives can help you find a new perspective, understand what's going on for you and for others and help build a supportive network for positive mental health. We have focused our daily activity calendar on five key drivers of wellbeing, the foundation for a strong, healthy, happy mind.



**BE SOCIAL**



**BE HEALTHY**



**BE MINDFUL**



**BE CURIOUS**



**BE GENEROUS**

**1** Start today as you mean to go on. Practice taking 3 deep breaths with your eyes closed, to calm the nervous system, increase energy and shift into a more positive and proactive state of mind.

**2** Supercharge your Friday feeling. Change your mood and re-set your energy with a playlist of old favourites.

**3** Hello weekend. Call a friend for an overdue catch up. Social connections are food for the soul.

**4** Time to recharge! Make time for yourself today, do something you enjoy, that makes you feel special. Prepare (or order) your favourite breakfast!

**5** Start your week with a new perspective. [Listen to Secrets of the Most Productive People podcast.](#)

**6** Make movement part of your daily routine. Exercise reduces anxiety by boosting your feel good hormones, those lovely endorphins.

**7** Multitasking and distraction are the enemies of productivity. Book 45 minutes in your diary today for deep work, no emails, no notifications.

**8** Manage your stress levels by focusing on what is in your control. Ask yourself, 'is this something I can change or influence?' If not, focus on what you can impact.

**9** Celebrate the wins with your team. Talk through the team achievements from the week over a Friday afternoon wrap up. Be generous with your praise.

**10** Learning and curiosity are an important part of maintaining a mentally healthy mind. Sign up to learn something new, take a class or watch a TED talk.

**11** Prioritise relationships today. Let the kids plan an activity, meet up with a friend or Zoom your family overseas or interstate.

**12** Learn a bit about the benefits of meditation with this easy [Headspace guide.](#)

**13** Listen with empathy. Reach out to a colleague who might be going through a difficult time and ask them how you can help.

**14** Play is when no one is keeping score. It's not only fun, it's part of a healthy routine. Bring play into your day -move your body, let go of structure, do something unexpected, be your 8 year old self today.

**15** Make plans to look forward too. The anticipation of a joyful experience has been proven to boost happiness. Make dinner plans or book a weekend away with friends or family.

**16** Practice gratitude. End your day by listing 3 things you are grateful for this week. Gratitude enhances overall wellbeing and boosts confidence.

**17** Stop and relax, it's the weekend! Naps of no more than 20 mins can boost creativity, improve alertness and get you into a good mood. Set the timer and avoid napping past 3pm.

**18** Enhance your active listening skills with meditation. [Tune into this simple guided practice from ABC Mindfully.](#)

**19** Take a proper lunch break. Step away from your screen for lunch, practice eating mindfully and enjoy the productivity benefits of a midday re-set.

**20** Sleep is a wellbeing superpower. Set yourself a sleep routine, dim the lights before bed, turn off devices, eat early and eat light.

**21** Practice kindness, it's contagious! Buy a stranger a coffee, send an email to a colleague to thank them, write a customer review for great service. Radiate kindness and see how you feel.

**22** Review your morning routine. Is it working for you? Do you start your day feeling ready? Set the alarm 10 mins early, use the extra time to prep for your day.

**23** Reduce your anxiety by up to 65% with [this specially crafted playlist.](#)

**24** Get outdoors and feel the magic of being in nature. Take a longer walk or plan an outside activity to make the most of Spring!

**25** Go off the grid with a digital detox, shutdown your screens and log off all social channels. Be curious about how you feel after a day unplugged.

**26** It's Monday, the week ahead is full of possibility but worries can get in the way. Schedule 10mins 'worry time' to brain dump what's going on. It will help you identify a plan to move ahead.

**27** Self-care is about giving people the best of you, not what's left of you. Exercise your boundaries today by switching off early to take in a walk, time with family or a yoga class.

**28** Set yourself mindful mini-breaks today. Take 3 breaks of 5 minutes each, pay attention to your senses - what can you hear, see, taste, smell, feel? You could do these moving too!

**29** Name it to tame it. Check in with how you are feeling emotionally today, name the emotion. This builds self awareness and stops us being overwhelmed by how we feel.

**30** Chat to someone in your team who you haven't seen in a while. Surprise them with a call and see how they are. Give them your undivided attention. A simple hello can lead to a million things.

**31** The weekend has arrived, use the time to invest in your wellbeing - try a new recipe, laugh with friends, watch a favourite movie, read a good book, change your sheets, declutter the house, try a sleep meditation. Write a list of what you have enjoyed most over these 4 weeks, or what you are most grateful for. Reflect on what worked for you, and what habits you can take forward.