

MEANINGFUL CONNECTIONS MATTER

10 10 24

WORLD MENTAL HEALTH DAY



Mental Health Australia

NEED SUPPORT?



13YARN 13 92 76

Lifeline 13 11 14

Lifeline text 0477 13 11 14

QLife 1800 184 527

Carer Support 1800 242 636

SANE Australia 1800 187 263

Open Arms 1800 011 046

Beyond Blue 1300 22 46 36

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 a positive mental health goal for this month

02

Start your day with a 5-minute stretch

03

Tell someone young you're proud of them

04

Cook up a mad feed

05

Send a kind text to one of your mob

06

Watch a guided meditation <https://bit.ly/3VS0bPQ>

07

Wear your favourite outfit today

08

Connect with your kin and have a yarn

09

Take yourself outside for a walk

WORLD MENTAL HEALTH DAY

Share your meaningful connections and tag #WMHD24

11

Enjoy a cuppa outside

12

Watch your favourite movie or TV show

13

Give 13YARN a call (13 92 76) if you're feeling worried or no good

14

Get outside and connect to Country

15

Put your screens down at least 30 mins before bed

16

Check out the resources on the Gayaa Dhuwi website <https://bit.ly/3xHK3bc>

17

Write down or think of 3 things you're grateful for

18

Try something new – a café, clothes, walking route... anything!

19

Listen to a yarn from one of your Elders

20

Take some time to learn about your ancestors

21

Put your favourite song on and shake-a-leg

22

Meditate for 10 minutes

23

Take your shoe off and get your feet on Country

24

Reach out to a friend you haven't seen in a while

25

Spend some time in nature

26

Yarn up with someone that is important to you

27

Take a break from the news today and switch off

28

Thank a friend for something kind they did

29

Unfollow people and accounts on social media that make you feel no good

30

Step outside and feel the sun, rain or wind on your face

31

Which tips can you keep practicing for good mental health?

CONGRATS on committing to look after your mental health

you're too deadly!



Gayaa Dhuwi (Proud Spirit) Australia

worldmentalhealthday.com.au

#WMHD24

@AUMentalHealth

@GayaaDhuwi