

World Mental Health Day – 10th October 2020



This year's World Mental Health Day campaign is encouraging everyone to make a promise to **"Look after your mental health, Australia."** It is a simple call to action for the **one in five Australians** affected by mental illness annually, and for the many more impacted by the current COVID-19 pandemic, and the increased uncertainty and anxiety that has ensued over the last six months.

Head over to the campaign website lookafteryourmentalhealthaustralia.org.au to make a **mental health promise**, **hear some tips and advice** from organisations and Australians, and find resources.

Mental Health Tips

There are lots of different ways to look after your mental health. These ten tips are a helpful starting point.

1. **Stay active** – Exercise increases wellbeing and helps reduce symptoms of common mental health concerns. Yoga, Pilates, HIIT routines – all can be done in a relatively small space and with no equipment. Have a search on the internet for free workout videos and guides.
2. **Eat well** – Eating a nutritious diet is great for both your physical and mental health.
3. **Connect with others** – Physical distancing is crucial right now, but social connection is more important than ever! Use technology to talk to your friends and family, using video chats to talk face-to-face where possible.
4. **Do something you enjoy each day** – Try and do things that make you feel physically and emotionally comfortable, engaging in activities that make you feel safe and calm.
5. **Limit media consumption (and choose trusted sources)** – Choose how often you engage with news and social media, and be sure to find news sources that are trustworthy and factual.
6. **Try and keep to a routine** – Keep to your regular routine as much as possible, including exercise, sleep, daily chores, work, recreational activities and connecting with others.
7. **Get an early night** – Prioritise getting enough sleep each night, to help you feel more energised and focused during the day, and to protect your mental health.
8. **Be kind to yourself**
9. **Try and maintain perspective** – While this is an uncertain time, try and view these changes with openness and acceptance. You may have more downtime to pursue your hobbies or learn something new.
10. **Seek help** – It is likely and normal that you will experience some anxiety and stress during this time. Talking to trusted friends, family or your GP is a great starting point. There are also many online and telehealth resources available.



Mental Health Month October 2020

10 OCT
WORLD MENTAL HEALTH DAY

Mental Health
Australia



Try these suggested activities to connect with others, have a bit of fun, and look after your mental health during October! #Lookafteryourmentalhealthaustralia

			THUR	FRI	SAT	SUN
			01 Pick a fun book and read it throughout the month	02 Send a kind message to a friend or family member (challenge yourself to send one message a day!)	03 Bake something you've never tried to before	04 Go for a walk around your neighbourhood
MON	TUE	WED				
05 Aim to be in bed at an early hour – challenge yourself to do this for the rest of the week	06 Hand write some cards and send them to people you care about	07 Call a friend or family member	08 Cook your favourite meal for dinner	09 Wear some odd socks and post a photo of them on social media #OSD2020	10 WORLD MENTAL HEALTH DAY Make a promise to look after your mental health	11 Take a break from social media and the news – challenge yourself to go the whole day
12 Drop a note into your neighbour's letterbox, letting them know you're around if they need anything	13 Try a new exercise like yoga, running or HIIT – challenge yourself to do it three times this month	14 Put on your favourite song and sing along loudly – dance around!	15 Donate some clothes and/or items from around your house that could benefit others	16 Take a photo of something beautiful and send it to a friend with a kind message	17 Video chat a friend or family member, or have a cup of tea in person if you can	18 Go for a long walk and listen to a podcast you like, or try a new one
19 Watch your favourite movie	20 Clean up your bedroom, light some candles and read some of your book	21 Invite a friend over for a meal/video chat with them over a meal	22 Make an effort to compliment/thank the people you interact with	23 Leave a positive review for a local restaurant/shop or somewhere you frequent in your area	24 Do something creative, like drawing, colouring or writing a story – just for you!	25 Call a trusted friend and tell them how you've been going, and invite them to do the same
26 Get dressed in your favourite outfit	27 Sit outside for a little bit and soak up the sun	28 Watch an episode of your favourite TV show – recommend the show to a friend	29 Think of three people you are thankful for – then tell them!	30 Write down 5 things you are grateful for... then 5 more... then 5 more!	31 Make a list of the things you enjoyed doing this month – and do them again next month!	