

Tune in: experience, discover, join in and connect

MENTAL HEALTH MONTH
OCTOBER

Connection Calendar for staff wellbeing

Tune In and connect to your friends, your family, your community and your mental health and wellbeing.

Discover what's on these school holidays
@Share our Space

Click through the calendar or use the link below to explore and connect

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26 Start the week doing something you enjoy	27 Find time for self-care. See the Black Dog institute's self care resources	28 Set yourself an exercise goal, or check out your local gym, using the Fitness passport	29 Discover something new	30 Sign up for Black Dog one foot forward walking challenge	1 Kick off the month by creating your ultimate 'feel good' playlist	2 Get active. Try a new workout
3 Grab a coffee/tea or sparkling water and read a book outdoors	4 Unplug: Tech-free day. Use it to explore a museum, gallery, or bushland	5 Find a great podcast and binge its back catalogue	6 Go to a gallery or museum for free and wander for a few hours	7 Send a letter or post card to someone you haven't seen in a while	8 Take up an old skill or hobby or try a new one	9 Get ready for school – prepare, pack and get to sleep early
10 World Mental Health Day – Tune In to you	11 Turn up your favourite song and sing as loud as possible – after work!	12 Send a good luck message to HSC students you know	13 Give your plants some TLC	14 Share a funny thing that happened today	15 Consider volunteering in your local area	16 Movie night. A classic you love or a new release. Don't forget the popcorn and PJs
17 Phone a friend for a chat and a laugh	18 Contact a colleague you haven't seen in a while and have a virtual coffee or make a new friend.	19 Take your pet for a walk after work – or a neighbour's pet	20 Write a list of people you admire and what qualities you share with them	21 Join the Being Well Yammer group	22 Discover new apps	23 Create a 'Do what brings you joy' Day in your home
24 Let go. Find a charity shop and donate clothes or items you no longer use	25 Watch Old People's Home for teenagers series on iview	26 Do something kind for yourself	27 Before you get out of bed (or last thing at night) close your eyes and take note of all tranquil or calming sounds	28 Celebrate World Teachers' Day	29 Stay hydrated today. Drink your recommended water intake	30 Celebrate intergenerational relationships on Grandparent's Day

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Write down worries and supports you have.

[The Employ Assistance Program is available if you need it](#)

education.nsw.gov.au/student-wellbeing/mental-health-month