MENTAL HEALTH AWARENESS MONTH 2022

31 WAYS TO IMPROVING YOUR MENTAL WELLBEING

Give · **Connect** · **Keep Learning** · **Be Active** · **Take Notice**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				Click on each day to find out more!	**1** Leave a nice note for someone	**2** Greet a stranger and say hello
3 Join a short course on food hygiene — Click here to register	**4** Go for a walk with a friend	**5** Write 3 things you are grateful for and why	**6** Give someone a sincere smile	**7** Check in with a friend or family member	**8** Learn about the traditional owners of the land you live on	**9** Get outside and into the garden
10 Mental Health Day	**11** Allow someone to go ahead of you in the queue	**12** Learn about the risks of e-cigarettes — Register here to attend	**13** Join a local club	**14** Try a workout by Get Active Victoria	**15** Use your 5 senses to be more present	**16** Donate books, clothes or toys
17 Spend quality time with a friend or family member	**18** Explore one of Bendigo's walking or cycling tracks	**19** Youth Sexual Health Information Night — Register here to attend	**20** Try a 5-minute meditation	**21** Pick up litter around your neighbourhood	**22** Have a picnic with friends and family	**23** Learn how to make coffee — Click here to register
24 Walk/ride to school or work	**25** Enjoy a quiet walk through nature	**26** Volunteer your time	**27** Host a board games night with friends	**28** Read a new book	**29** Dance to your favourite music	**30** Donate Blood — Book an appointment here
31 Reflect on what worked for you and repeat						

5 ways to wellbeing

bendigo Community Health services

YOUR MENTAL HEALTH MATTERS!