

OCTOBER 2021

5 WAYS TO WELLBEING ACTION CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			Click on each day to find out more!	1 Feel Good Friday	2 Hold a games afternoon with friends or family	3 Spend some time gardening
4 Write down 3 things you are grateful for	5 Read a new book	6 Book an appointment for a blood donation Click here to book	7 Call a friend for a chat	8 Feel Good Friday	9 Try mindful eating Click here to find out more about mindfulness	10 Mental Health Day
11 Pay it forward	12 Check in on someone	13 Try a dance workout on Youtube Click here for inspiration	14 Look for beauty in the unexpected Click here to learn more	15 Feel Good Friday	16 Pick up 5 pieces of rubbish on your walk today	17 Have a picnic with friends or family
18 Try a new walking track	19 Spend some time in nature	20 Smiling Mind workshop Click here for more information	21 Give someone a compliment	22 Feel Good Friday	23 Head down to your local Parkrun Click here for more information	24 Do a 5-minute meditation
25 Learn about the land you live on	26 Bake a treat for someone you care about	27 Have a walking date with a friend	28 Kids Yoga Check out our website for updates	29 Feel Good Friday	30 Spend some time to reflect	31 Volunteer your time

ACN: 136 467 715



WE WOULD LOVE TO SEE HOW YOU HAVE BEEN DOING THE 5 WAYS

Share your photos in the comments section on our Mental Health Month social media posts to be featured on our website.

Developed by the BCHS Health Promotion Team

IT'S IMPORTANT TO LOOK AFTER YOUR BODY AND YOUR MIND

Visit www.bchs.com.au to learn more about the 5 Ways to Wellbeing

