

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1 Feel-Good Kick-Off Start the month by creating your ultimate feel-good playlist. Music boosts mood and motivation.	2 Get Walking For Good Sign up for One Foot Forward with Black Dog Institute (runs all of October - register anytime!)	3 Hydration Station Keep your water bottle handy and aim for your daily intake (about 8 cups).	4 Explore Somewhere New Take a walk, bike ride or drive somewhere you've never been. Need ideas? nationalparks.nsw.gov.au
5 Plant Power Give your plants some TLC - water, repot or add a new green friend to your space.	6 Eat Fresh Try a new fruit, vegetable or recipe. Notice the colours and flavours. Need inspo? Visit healthyliving.nsw.gov.au	7 Tech FREE Tuesday Unplug for the evening. Read, cook, draw or play a board game instead.	8 Tune Into Empathy Watch Old People's Home for teenagers a heart-warming reminder of connection.	9 Spring Clean Your Calm Tidy a space you spend time in - your desk, car, or bedroom. Fresh space, fresh mind.	10 World Mental Health Day Reflect on this year's theme: "Taking Steps on Your Wellbeing Journey." What's one small step you can take today?	11 Cook With Care Get everyone involved in a meal - cook, clean, laugh, share. Maybe drop leftovers to a neighbour.
12 Reset For The Week Tidy your space, prep lunches, or plan your week. Organisation helps calm the mind.	13 Hobby Revival Revisit an old skill or hobby you once loved.	14 Try Something New Learn a simple craft like origami or drawing. Creativity relieves stress.	15 Breathe Easy Spend 5 quiet minutes focusing only on your breathing in through your nose, out through your mouth.	16 Catch-up Call Phone a friend just to chat and laugh - no agenda, just connection.	17 Dance It Out Try a Shuffle tutorial or just have a dance. It's joy, cardio, and laughter in one.	18 Lend A Hand Find a small way to give back - help a neighbour, join a community garden, or volunteer locally .
19 Give 5 to feel good Donate five items to charity. Picture the joy they'll bring to someone else. Check out givit.org.au for inspo.	20 Send Encouragement Wish someone luck a student, colleague, or friend tackling something big.	21 App Refresh Clean up your phone - remove unhelpful apps, download a wellbeing like Smiling Mind or journalling app.	22 Kindness Counts Do one kind thing for yourself - rest, order take-away, say no without guilt.	23 Cuppa & A Chapter Grab a coffee or tea and read a chapter of a good book outdoors.	24 Movie & Mellow Night Watch a comfort film in your PJs. Popcorn optional but recommended.	25 Mini Movement Challenge Make an indoor or backyard obstacle course, or try a short HIIT or yoga session.
26 Sound-Bath At Home Lie quietly and listen to the birds, breeze, even your fridge hums. Tune in to your environment.	27 Calm Countdown Before bed, try a 5-4-3-2-1 relaxation: name 5 things you see, 4 feel, 3 hear, 2 smell, 1 taste.	28 Morning Mindfulness Start your day with five mindful minutes - stretch, breathe, or journal your mood.	29 Gratitude Dinner Before dinner, share one good thing about your day. Gratitude boosts optimism.	30 Share & Listen Open up to someone you trust, and give them the same space in return.	31 Let It Go Write down your worries and reflect on what's within your control. If you need support, reach out.	1