



October 2021

As a partner of Lifeline Australia, CSC staff are committing to a small wellness activity each day of Mental Health Month. We invite you to download our calendar and join us.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
Catch up with a friend – call, video chat or in-person	Public Holiday Check in on a family member	Go to bed early	Try a 5-minute meditation <i>Try 'Insight Timer' or YouTube for free tracks</i>	Ask someone for help with a task you've been putting off	Listen to your favourite album while you work	Pick a book to read at least 50 pages of this month
10	11	12	13	14	15	16
World Mental Health Day Check in with yourself	Schedule something fun for Friday	Take 10 minutes to read something you enjoy	Compliment someone	International Dessert Day Enjoy a sweet treat	Games night with family or friends	Pay it forward, do a random act of kindness
17	18	19	20	21	22	23
Order food from a local business and watch a movie	Unfollow negative social media accounts, news or subscriptions	Do no work during lunch	Have a phone-free night	Clean your desk	Cook a new recipe	Picnic Day! Head to a green space and invite some company
24	25	26	27	28	29	30
Watch the show you've been recommended over and over again	Plan and cook a healthy meal	Honor your boundaries – say no to something today	Write a thank you email, text or letter to someone you appreciate	Create something – paint, draw, sing, build, write, film.	Touch some grass – get outside for a bit	Play a game from your childhood <i>Scrabble, hopscotch or crash bandicoot are good starters!</i>
31						
Reflect on the things you enjoyed this month, plan to do them again soon.						

Follow along with these daily activities to add a little fun, reflection and wellness to your October. Show us what you're up to and tag us in your posts!

If you, or someone you know, needs support, know that Lifeline is here for you. Please call 13 11 14 (24 hours/7 days)