



MENTAL HEALTH MONTH ACT 2022

Awareness  
Belonging  
Connection

# Mental Health Month Trail

This October, you are invited to follow the Mental Health Trail: a personal journey to improve your wellbeing and that of those around you.

Complete daily activities to support positive mental health in yourself and our community. You can follow along on social media, our website, the MHM ACT App, or using the calendar on the next page.

Once you have completed all the activities, enter our prize draw and you could win a Wellbeing pack!

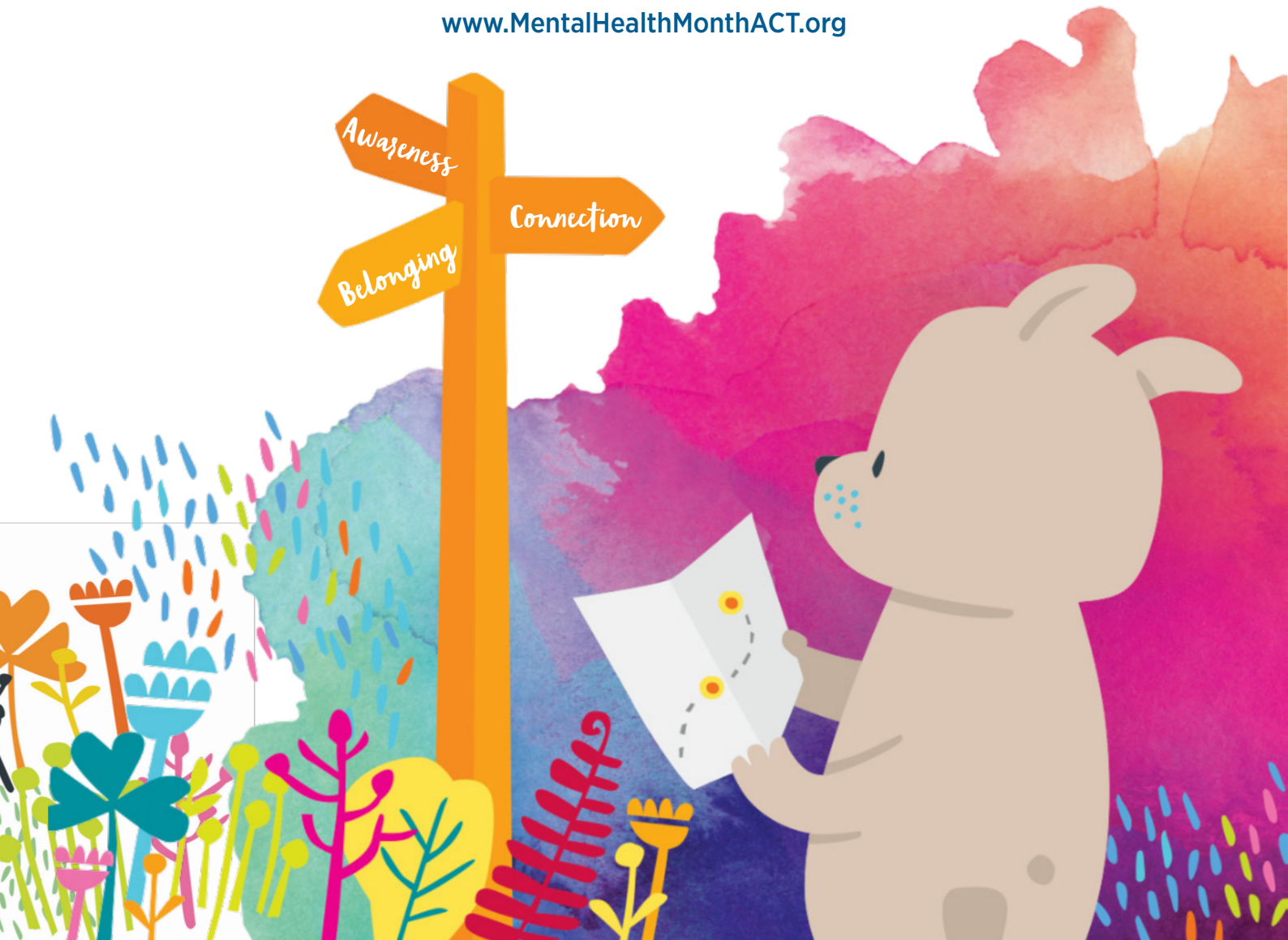
**Don't forget to share your Trail experiences with us on social media:** tag us for more chances to win, and we might even share your posts to inspire others!



@MentalHealthMonthACT

#MentalHealthMonthACT #AwarenessBelongingConnection

[www.MentalHealthMonthACT.org](http://www.MentalHealthMonthACT.org)



Mental Health Month ACT is coordinated by the Mental Health Community Coalition ACT (MHCC ACT) with funding from ACT Health and in partnership with WIN Network and Riotact.

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mental health  
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Local voices. Stronger communities.


# Awareness

# Belonging


# Connection

**1 Immerse yourself in nature.** Go for a walk, smell the plants and feel the fresh air on your skin. 

**2 Become a mental health ally.** Learn how to make our community safer and more supportive for people experiencing mental health challenges.

**3 Phone a friend.** Support each other by staying connected. Do a video or voice call, share a cuppa or a meal, or just catch up. 


**4 Start a gratitude journal.** Record the things you are grateful for in a written journal, visual journal or app—whatever works for you.

**5 Start a conversation.** Talk with a colleague or friend about mental health stigma and why it needs to change. 

**6 Connect with your community.** Look into social or community groups near. If you can't find one that suits you, think about creating one!

**7 Be creative.** Do an activity like colouring in, writing, crafting, music or baking, and be mindful in the moment. 


**8 Feel safe.** Think about where you feel safest: it could be a place or a situation. Write or draw about how it makes you feel and what it means to you.

**9 Write a note.** Pick up a pen and paper and write a letter to a neighbour or a loved one. 


**10 Take a break.** Knowing when and how to rest is as vital for mental health as physical. Take a bath, get a massage or start a daily mindfulness or meditation routine.

**11 Learn the signs.** Find out what to look out for that suggests someone is having a rough time. 

**12 Care for your environment.** Head out to a park, community area or around your neighbourhood to collect rubbish. 

**13 Move a new way.** Try an exercise, dance move or something restorative like yoga or tai chi. 

**14 Do something nice.** Open the door for someone, shout a stranger a cuppa, give a compliment, or make another intentionally kind gesture.


**15 Celebrate uniqueness.** Send a message to someone telling them what unique thing makes them awesome. 

**16 Make nature art.** Collect fallen leaves, pine cones, bark and rocks and make a mini-sculpture. When you're done, return the items to where you found them.

**17 Be thankful.** Thank someone who was there for you when you needed support, no matter what type or how big an impact they made. 

**18 Sharing is caring.** Learn something new today, whether it's the answer to a burning question or a random fact, and share it with someone you think will enjoy it.


**19 Ground yourself.** Stop and list 5 things you can see, 4 things you can hear, 3 things you can touch from where you are, 2 things you can smell and 1 thing you can taste.

**20 Be curious.** Take time to listen to and engage with someone else's experience or story. Would you react similarly or differently? 


**21 Start a new hobby.** Having a hobby is a great way to unwind. You can find social groups to connect with for almost any hobby.


**22 Practice self-compassion.** Treat yourself as you would a friend and say something nice and supportive to yourself. 


**23 Touch base.** Reach out to someone you haven't spoken to in a while or who has been feeling down. Let them know you're thinking of them.

**24 Play games.** Whether in person or online, enjoying games together is a great bonding experience and a chance for some fun! 

**25 Breathe deep.** Find a quiet, private space, close your eyes and spend a few minutes focusing on your breath.

**26 Face the facts.** Share facts about mental health with your friends (e.g., that almost half of Australians have had a mental health condition). 


**27 Get to know someone.** Talk to someone you don't know well and find out more about them. 

**28 Eat fresh.** Make a meal using a range of fresh fruit and vegetables to nourish your body and mind. 

**29 Be prepared.** Make a list of who you could go to if you or a friend needed support: friends, family, your GP, mental health services, other people or organisations, etc.

**30 Create with a friend.** Show you care by giving a handmade gift, doing an art workshop with a mate or three, or asking a family member to teach you a new creative skill.

# Celebration!

**31 Look back over all you've done this last month. Whether you did every activity or just a few, you deserve to feel proud of yourself.** 

If you completed all of them, enter our prize draw at [www.MentalHealthMonthACT.org/theTrail](http://www.MentalHealthMonthACT.org/theTrail)