

MENTAL HEALTH MONTH

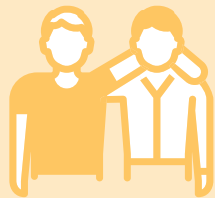
#deni5in5

This October join the #deni5in5 challenge.

Each week in Mental Health Month try one of these simple ways to strengthen your health and wellbeing.

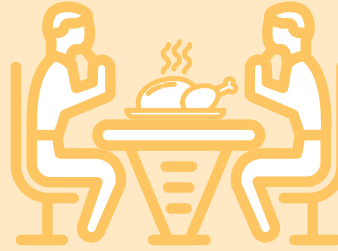
CONNECT

Connect with people around you



Contact a friend to catch up

Have dinner with family



Join a group and meet new people

BE ACTIVE

Exercise, diet and sleep

Go outside for a walk or run



Dance!

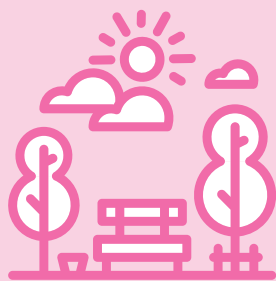
Do some gardening



Ride a bike

TAKE NOTICE

Be aware of the world around you



Notice the changing seasons

Try meditation

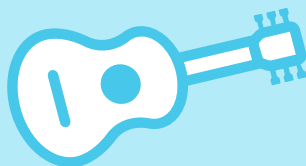


Be mindful of sounds and smells

KEEP LEARNING

Learn something new or rediscover an old interest

Try a musical instrument or craft



Listen to a radio program or podcast

Read a new book



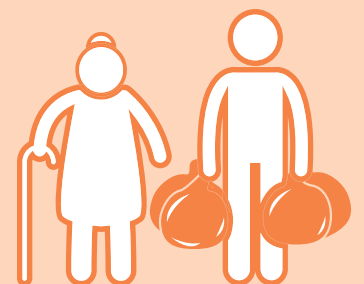
HELP OTHERS

Do something kind for a friend or stranger



Smile or say hello

Give your time to a community group



Help a neighbour

SUPPORTED BY



 CHANNEL4CHANGEAU
channel4change.com.au



DENILIQVIN
Mental Health
Awareness
GROUP

 DENIMHAG

denimentalhealth.org.au