

WE ALL HAVE A ROLE TO PLAY

Experience, discover, join in and connect with Mental Health Month

Connection Calendar for **staff wellbeing**

Discover what's on these school holidays
@Share our Space

Click through the calendar or use the link below to explore and connect

SCHOOL HOLIDAYS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
25 Start the week doing something you enjoy	26 <u>Find time for self-care. See the Black Dog institute's self care resources</u>	27 <u>Set yourself an exercise goal, or check out your local gym, using the Fitness passport</u>	28 <u>Discover something new</u>	29 <u>Sign up for Black Dog one foot forward walking challenge</u>	30 Kick off the month by creating your ultimate 'feel good' playlist	1 <u>Get active. Try a new workout</u>
2 Grab a coffee/tea or sparkling water and read a book outdoors	3 Unplug: Tech-free day. Use it to explore a museum, gallery, or bushland	4 <u>Find a great podcast and binge its back catalogue</u>	5 Go to a gallery or museum for free and wander for a few hours	6 Send a letter or postcard to someone you haven't seen in a while	7 <u>Take up an old skill or hobby or try a new one</u>	8 <u>Get ready for school – prepare, pack and get to sleep early</u>
9 Turn up your favourite song and sing as loud as possible – after work!	10 World Mental Health Day Staff Mental Health Strategy launch	11 Send a good luck message to HSC students you know	12 Give your plants some TLC	13 Share a funny thing that happened today	14 <u>Consider volunteering in your local area</u>	15 Movie night. A classic you love or a new release. Don't forget the popcorn and PJs
16 Phone a friend for a chat and a laugh	17 <u>Contact a colleague you haven't seen in a while and have a virtual coffee or make a new friend</u>	18 Take your pet for a walk after work – or a neighbour's pet	19 Write a list of people you admire and what qualities you share with them	20 Join the Being Well group on Viva Engage	21 <u>Discover new apps</u>	22 Create a 'Do what brings you joy' day in your home
23 Drop-off a bag of pre-loved items at your local charity shop	24 If you can, have an early night	25 <u>Do something kind for yourself</u>	26 Before you get out of bed (or last thing at night) close your eyes and take note of all tranquil or calming sounds	27 <u>Celebrate World Teachers' Day</u>	28 <u>Stay hydrated today. Drink your recommended water intake</u>	29 <u>Celebrate intergenerational relationships on Grandparents Day</u>
30 Write down worries and supports you have. <u>The Employee Assistance Program is available if you need it</u>	31	<p>Mental Health Month – we all have a role to play education.nsw.gov.au/student-wellbeing/mental-health-month</p> 				