BE KIND TO YOUR MIND
a 31 day challenge for mental health awareness

Treat yourself!
This could be a new outfit, a massage or just some quality time on your own.

- Go to bed 30 minutes earlier today.
- Drink only water today.
- Switch off.
- Listen to your favourite album or podcast.

Cook a healthy meal for yourself today.
Enjoy lunch in the sun!
Buy a gift for a friend.
Enjoy a cup of tea or coffee in the sunshine.

Sleep in... if you can!
Try a digital detox.
Put down your phone and be present in life.
Go for a week if you can!
FaceTime your family, friends or loved ones.

Start a conversation.
The more we talk about mental health, the more we normalise it in our society.

- Read a book.
- Unfollow negative accounts on social media. You don’t owe them anything.
- Spread some kindness.
- Take a nap... Or ten.
- Send a hug to a friend. Or to all of them!
- Share your story...
You never know who it could help.

Jot down your ideas.
Have lunch with a friend.
Compliment a stranger.
Say no to something.
Self-care Sunday!
Avoid the news today... You can catch up tomorrow.

Take a walk and explore your suburb.
Rest your eyes... for as long as you need!
Go for a one hour walk in the sun.

Complete a mindfulness activity. If you’re having trouble finding one, I recommend you check out Headspace.

Please know you are never alone.
Here are some important phone numbers and websites to help.

Beyond Blue: beyondblue.org.au
1300 224 636

Suicide Call Back Service: suicidecallbackservice.org.au
1300 659 467

Lifeline: lifeline.org.au
13 11 14