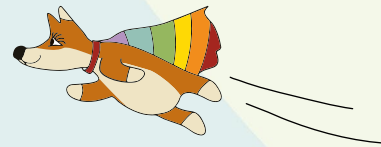


# CALENDAR OF TIPS TO TUNE IN



FRIDAY

SATURDAY

1 Take time to be mindful of your senses today - What do you smell, feel with touch, taste?

[Link to Tune In](#)

2 Set daily positive reminders for the month



SUNDAY

MONDAY


TUESDAY

WEDNESDAY

THURSDAY

3 Learn something new today and share it with someone

4 Try singing at some point today!

5  Take time to rest, listen to your body and know when it's time to stop

6 Reminisce on a funny or joyful time you've had in the last year

7 Send a short text or email to celebrate something unique about someone close to you

8 Nourish yourself by having your favourite meal today

9 Educate yourself on how to be a Mental Health Ally

[Link to Ally Pack](#)

10 **Today is World Mental Health Day**  
Listen to a song that makes you happy

11 Start a conversation with a colleague or friend about mental health stigma

12 Set a consistent bed time for the week


13 Write down or tell a friend something you're proud of

14 Do something creative - you could paint, draw, write, knit, or even cook


[Link to colouring in](#)

15 Find time to do parallel play - Zoom call a friend to do something creative separately

16 Move joyfully by dancing, stretching or finding fun ways to move about your home

17 Spend time in nature today 

18 Go outside today and feel the sun on your skin

19 Be curious about yourself - explore things that spark your curiosity 

20 Take a bath or have a longer shower today

21 Practice self compassion by being kind to yourself instead of self-criticizing

22 Wear something that makes you feel like you - this could be something small or an entire outfit!

23 Be playful by making someone laugh


24 Take time today to be curious and listen to someone else's experience or story


25 Listen to music while working or doing a task

26 Cuddle a four-legged friend or share an animal meme with a friend

27 Take time to disconnect from screens today

28 Immerse yourself in a story today by listening, reading or watching something enjoyable

29 Make time today to connect with a friend 

30 Tune into small wins by celebrate something you did well today 

31 Notice your boundaries by tuning into your feelings and values



Tune In to yourself and self care  
**Tune In to your senses**  
Tune In to others or making connections

Follow along as we Tune In during the month of October  
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