

October 2024



Motto of the month:
You are not alone
in your struggles

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

1

It's okay to set boundaries to protect your mental health.

2

Try meditation or deep breathing exercises to calm your mind.

3

Breaking down large goals into smaller, achievable steps can help reduce stress and anxiety.

4

It's okay to take time to rest and recharge when you're feeling overwhelmed.

5

Try to get at least 8 hours sleep tonight.

6

Connect with someone today – even if it's through a message.

7

Start the week off strong by hanging out with a furry friend. Animals are a great way to help ease the mind.

8

Learn something new this week – even if it's a new dinner recipe!

9

Have you signed up for our [mental health webinar](#) tomorrow? We're teaming up with headspace

10

World Mental Health Day
Challenge the stigma surrounding mental health. Speak openly about your experiences and encourage others to do the same.

11

Start a gratitude journal. Write down 3 things you're grateful for each day.

12

Do something for yourself today. Even if it's a quiet moment with a cup of coffee.

13

How are you feeling? Take time to process your feelings today.

14

Talking kindly to ourselves is important. Try repeating something positive about yourself a few times today.

15

Want a mood boost? Try dark chocolate, bananas or fatty fish!

16

It's okay to take time to rest and recharge when you're feeling overwhelmed.

17

Book a short getaway! The act of planning a trip can boost your happiness.

18

Watch some funny videos or hang out with a funny friend. Laughter helps reduce anxiety.

19

Temporary relief won't help you in the long run. If you are masking your feelings with drink and/or drugs, visit [TalkToFrank](#) or a local professional. for support.

20

It's a new week tomorrow. What can you do for yourself today to make Monday a little better?

21

Does your workplace offer adequate mental health support? [41%](#) of UK employees don't think so.

22

Do you have "news anxiety"? Spend the day away from your phone and focus on the present.

23

It's time for a quick workout. Start the day with: 10 squats, 15 jumping jacks, and a 30 second plank.

24

Want to boost your step count? Join our [GO Challenge!](#)

25

Remember: mental healing isn't always linear – but it is possible!

26

Plan to see some live music. Music is great for the soul!

27

Watch some funny videos or hang out with a funny friend. Laughter helps reduce anxiety.

28

Breathe in for 4 seconds. Hold for 4 seconds. And breathe out for 4 seconds. Feeling better?

29

[2.4 million](#) UK workers have experienced suicidal thoughts due to workplace stress. Get [personalised mental health support](#) for your people.

30

It's okay to take time to rest and recharge when you're feeling overwhelmed.

31

Happy Halloween! Fancy a sweet treat? Why not make homemade candy apples?

Because health is personal™