

OCTOBER 2022 WELLBEING CALENDAR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

					1 head out for a hike	2 play a board game
3 try a new recipe	4 slow down and breathe	5 enjoy the sunshine	6 make a family time capsule	7 explore your local library	8 take a bike ride	9 practice self care
10 check in with a friend	11 give a plant or seeds to a loved one	12 start a journal	13 go on a short walk	14 focus on the positive	15 listen to a wellbeing podcast	16 start a family book club
17 eat healthy	18 create a fitness plan	19 find a new hobby	20 make a fruit or veggie dish	21 get new spring clothing	22 have a picnic in your backyard	23 watch the night sky
24 watch the sunset	25 read a new book	26 listen to your favourite music	27 go to bed early	28 plan a friday night dinner with friends	29 roast marshmallows on fire	30 go geocaching
31 surround yourself with people that make you happy						



@wellbeingqr3

#wellbeingaustralia

LOOK AFTER YOUR WELLBEING THIS OCTOBER