

October

STICK TO IT CHALLENGE

TELL SOMEONE YOU ARE PROUD OF THEM AND WHY

GO FOR A MINDFUL WALK OUTSIDE

DO SOMETHING CREATIVE

SMILE AT SOMEONE AS YOU WALK PAST

WRITE AND POST A GRATITUDE LETTER

SHARE A BOOK OR PODCAST YOU LIKE WITH A FRIEND

WATCH A SUNRISE OR SUNSET

VOLUNTEER TO HELP SOMEONE

COMPLETE A TASK YOU HAVE BEEN PUTTING OFF

CHECK IN ON SOMEONE YOU HAVEN'T HEARD FROM IN A WHILE

WATCH A SHOW OR MOVIE THAT MAKES YOU LAUGH

HOLD A DOOR OPEN FOR SOMEONE

PUT ON YOUR FAVOURITE SONG AND LISTEN WITH NO DISTRACTIONS

LEAVE A SMALL GIFT ON A FRIEND'S DOORSTEP

MAKE AN EFFORT TO DRINK MORE WATER

COOK OR BAKE SOMETHING FOR SOMEONE ELSE

TAKE A PHOTO OF SOMETHING BEAUTIFUL IN NATURE

PURCHASE A PAY IT FORWARD COFFEE FROM FRED & BET'S OR FORAGERS CAFES

PICK UP SOME RUBBISH IN A PUBLIC SPACE

WRITE A LIST OF THINGS YOU ARE LOOKING FORWARD TO

READ BEFORE YOU GO TO BED

TRY SOMETHING YOU HAVE NEVER DONE BEFORE

GIVE SOMEONE A COMPLIMENT

BLOCK SOME TIME OUT IN YOUR DAY TO DO AN ACTIVITY YOU ENJOY

LET A LOCAL BUSINESS KNOW THEY'RE DOING A GREAT JOB

PICK SOMEONE A FLOWER

DO TEN MINUTES OF STRETCHING

GO TO BED AN HOUR EARLIER

COMPLETE A RANDOM ACT OF KINDNESS OF YOUR CHOICE

LET SOMEONE GO BEFORE YOU IN A QUEUE

SPEND A MEAL TIME TECH-FREE

Resilient
Ararat



October **STICK TO IT CHALLENGE**

prioritise your mental wellbeing!

ABOUT THE CHALLENGE

Kindness is empathy in action. It improves our mental health by promoting feelings of happiness. Practice being kind to yourself and others by taking part in Resilient Ararat's 2024 Mental Health Month challenge.

Over the page, you will find a list of thirty-one wellbeing tasks and random acts of kindness that have been developed by local students. Choose one to complete each day of October. Your challenge is to finish them all! Place a sticker over each activity you complete and compete with your friends and family to see who can 'Stick to It' for the entire month!

WHAT WE ARE HOPING TO ACHIEVE

In addition to spreading kindness throughout the community, the *Stick to It Challenge* is designed to help you prioritise your mental wellbeing. You may be surprised by how your mood lifts each time you complete a wellbeing activity or do something nice for someone else.

We hope that by participating in this challenge for the entire month, you will build positive habits that you can maintain as ongoing wellbeing strategies.

SHARE YOUR PROGRESS WITH US

We would love to see your progress with the *Stick to It Challenge*. Email media@cglLEN.org.au or private message Resilient Ararat on Instagram or Facebook if you would like to share any photos with us. Good luck and have fun!