



monday

tuesday

wednesday

thursday

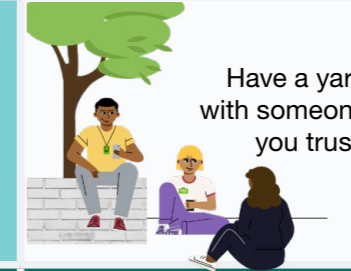
friday

saturday

sunday

The 2nd to the 9th of July is NAIDOC week! This years theme is *For Our Elders*.

National NAIDOC Week celebrations are held across Australia in the first week of July each year (Sunday to Sunday), to celebrate and recognise the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC Week is an opportunity for us all to learn about First Nations cultures and histories and participate in celebrations of the oldest, continuous living cultures on earth. You can support and get to know your local Aboriginal and/or Torres Strait Islander communities through activities and events. Check out some of the ways you can support National NAIDOC week!



1
Have a yarn with someone you trust.

2
It's NAIDOC Week! Attend a local NAIDOC Week event. Find an event happening near you at naidoc.org.au.

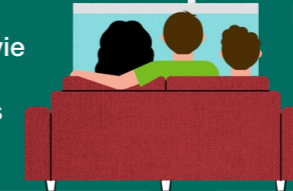
3
Listen to podcasts or music by First Nations artists and creatives.

4
Find out whose Country you are on. Visit aiatsis.gov.au for a map of Indigenous Australia.

5
Make a purchase from a Blak business – make sure profits go to First Nations makers.

6
Display the National NAIDOC Week Poster in your workplace or classroom.

7
Watch a TV show or movie made by a First Nations filmmaker.



8
Follow First Nations social media accounts & share their content!

9
Read a book by a First Nations author.

10
Listen to your body today. Go for a run, do some gentle stretching or rest if you need to.

11
Make a list of 5 things that made you smile today.

12
“Your present circumstances don't determine where you go; they merely determine where you start.”
– Dr Lauren Fogel Mersy

13
Turn off your phone and give yourself some tech-free time.

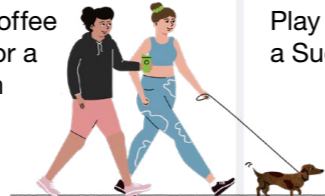
14
Go for a drive with the windows down. Bonus points if you sing at the top of your lungs!

15
Note to self; Your boundaries are important.

16
Spend the afternoon in the park. Read a book in the sunshine or play frisbee with friends.

17
Remember, it's ok to start over and try again.

18
Grab a coffee and go for a walk with a friend.



19
Play a board game or do a Sudoku puzzle.

20
Consider your work and study goals! Take time to write out a list of work or study goals.

21
Practice good posture! Good posture can help to reduce back and neck pain from sitting for extended periods.

22
Try your hand at baking! There's nothing better than a batch of freshly baked cookies.

23
“You can't pour from an empty cup. Take care of yourself.”
– Unknown

24
“Owning our story and loving ourselves through that process is the bravest thing we'll ever do.”
– Brené Brown

25
Try a new form of physical activity. Such as hiking, swimming, or biking, to keep things interesting and fun.

26
Listen to a song that reminds you of a happy memory.

27
Join a social group. Ask your local headspace centre if they have any groups you could join.



28
Do some gardening! You can try taking care of an indoor plant or succulent.

29
Smile! Did you know smiling and laughing can help improve your mental health?

30
Treat yourself! Enjoy some sweet treats or binge watch your favourite TV show. Make time for you today.

31
Treat yourself! Enjoy some sweet treats or have a sleep in. Make time for you today.



Sign up to our newsletter for news, tips and happenings in the world of mental health.

For online resources and support, join eheadspace: headspace.org.au/eheadspace

We are here to help you have a good day today and tomorrow. This starts with looking after your mental health and overall wellbeing. Use this calendar to try out a different healthy habit each day.

To learn more about National NAIDOC Week visit www.naidoc.org.au

You can also check out headspace.org.au/yarn-safe for information that may help you or somebody else going through a hard time. There's no shame in talking it out. headspace is your space to yarn safe.



headspace acknowledges Aboriginal and Torres Strait Islander peoples as Australia's First People and Traditional Custodians. We value their cultures, identities, and continuing connection to country, waters, kin and community. We pay our respects to Elders past and present and are committed to making a positive contribution to the wellbeing of Aboriginal and Torres Strait Islander young people, by providing services that are welcoming, safe, culturally appropriate and inclusive.

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health. headspace Beaudesert, Corio, Geelong, Hurstville, Ipswich, Meadowbrook, Miranda, Nundah, Townsville and Woolloongabba are led by Stride.

