

april connect, participate and celebrate

2023

monday

tuesday

wednesday

thursday

friday

saturday


sunday

Connect, Participate and Celebrate this April!

Make time to connect with friends, family and loved ones over the Easter long weekend and school holidays.

Connections are important. Strong bonds with family, friends and community can bring us joy, security, support and a sense of purpose. Being connected to others is beneficial to our emotional and physical health.

<p>1 Write a local bucket list. Write a list of things you want to do around your local area. It might include places or cafes you want to visit or activities you want to do.</p>							<p>2 Embrace nature. Step outside this weekend and connect with the natural world.</p>		
<p>3 Good luck today. Whatever you are up to, believe in yourself. You've got this!</p>		<p>4 Balance your news intake. Sometimes news can be overwhelming. Seek out the good news stories and remind yourself of the good that exists in the world.</p>		<p>5 "When you say 'yes' to others, make sure you are not saying 'no' to yourself." – Paulo Coelho</p>		<p>6 Don't be afraid to open up and ask for help. It's okay to reach out.</p>	<p>7 Good Friday. Our centres will be closed over the public holidays. You can still access support via eheadspace!</p>	<p>8 Cultivate interests and hobbies. Consider what fills your cup and how you could turn that into a new hobby.</p>	<p>9 Collect coins for charity. Put small change to good use by collecting your loose change in a "giving" jar.</p>
<p>10 Easter Monday. Spend time with people you care about.</p>		<p>11 Practice positive affirmations; "I am enough" "I am stronger than yesterday" "My voice matters"</p>		<p>12 Be authentically you. </p>		<p>13 Take some time to reflect on the question, "Am I leading with kindness and empathy?"</p>	<p>14 Give yourself permission to play. Build a sandcastle, play make-believe or mess around with some paint!</p>	<p>15 Soothe your soul today. Self-care can look like exercise and eating right. Other times it's spending time with loved ones or taking a nap.</p>	<p>16 Go op-shopping! Check out your local op shops and scour the racks for a new outfit </p>
<p>17 Set up a back-to-school routine. </p>		<p>18 Do one thing at a time. Small steps can often lead to big outcomes.</p>		<p>19 Embrace nature. Try grounding! Connect with the earth by walking barefoot outside.</p>		<p>20 Dance up a storm! A good dance session is a great way to quieten a busy mind. Play a few of your favourite songs and move your body.</p>	<p>21 Be grateful. Look around you and ask yourself: What am I thankful for?</p>	<p>22 Try photography! Go outside and spend time taking photos. Try and capture as many different colours and textures as you can.</p>	<p>23 Enjoy a sleep in. Have a lazy Sunday morning and take things slow.</p>
<p>24 Reframe unhelpful thoughts. Try to recognise any negative thought patterns and turn them into positive ones.</p>		<p>25 ANZAC Day. Be kind to yourself and anyone who may be struggling today. Lest we forget.</p>		<p>26 Keep learning! Challenge your mind and seek out new things. Check out your local library and see what resources they have to offer.</p>		<p>27 Watch a funny dog video! Don't forget to laugh at the silly things.</p>	<p>28 Make a list of 5 things you are grateful for. </p>	<p>29 Say no when you need to. Saying no can often be tricky, but it's important to establish boundaries and understand that it's okay to say no if you need to.</p>	<p>30 "Deep breathing is the nervous systems love language" – Dr Lauren Fogel Mersy</p>



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

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 different healthy habits.

Accessing Support During the Public Holidays
 You can still access support for your mental health by creating a headspace account at headspace.org.au/eheadspace, or you can speak to someone 1-on-1 via online chat, email or over the phone at headspace.org.au or 1800 650 890.



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.

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