

monday tuesday wednesday thursday friday saturday sunday

Celebrate pride this June!

It's Pride Month! A time to honour the history of LGBTQIA+ pride and celebrate our communities and unique identities. Pride Month commemorates the Stonewall Riots of 1969 which was pivotal to the LGBTQIA+ rights movement! Today, it's a time to celebrate what it means to be you, whether you identify as part of the LGBTQIA+ community or if you're an ally.

<p>5</p> <p>Learn about Pride!</p> <p>This month is the perfect time to learn about LGBTQIA+ identities & champion inclusion! Visit minus18.org.au for information and resources.</p>	<p>6</p> <p>Visit an art museum or exhibit and admire the work of talented artists.</p>	<p>7</p> <p><i>"All young people, regardless of sexual orientation or identity, deserve a safe and supportive environment in which to achieve their full potential."</i></p> <p>– Harvey Milk</p>	<p>1</p> <p>Celebrate pride month!</p> <p>Check out the local events happening in your community or join a virtual event such as pride trivia!</p>	<p>2</p> <p>Remember, it's ok to not be ok. Some days are just harder than others.</p>	<p>3 It's Mabo Day</p> <p>The day the Australian High Court delivered the Mabo decision to recognise the rights of Aboriginal & Torres Strait Islander peoples as the traditional owners of their land.</p>	<p>4</p> <p>Make a list of 10 things you enjoy doing.</p> 
<p>12</p> <p>It's Men's Health Week</p> <p>This years theme is Healthy Habits. Build healthy habits and identify small changes you can make to benefit your health and wellbeing.</p>	<p>13</p> <p>Try journalling</p> <p>Reflecting on your thoughts and feelings can be a great way to help you to handle tough times.</p>	<p>14</p> <p>Note to self;</p> <p><i>You are doing the best you can.</i></p>	<p>8</p> <p>Feeling overwhelmed?</p> <p>Take a moment to pause and observe your breathing. Slow, controlled, deep breathing can help to lower blood pressure and reduce stress.</p>	<p>9</p> <p>Work on building healthy relationships.</p> <p>Focus on positive relationships that make you feel good about yourself. Those where you support each other and where you feel you can be yourself.</p>	<p>10</p> <p>Practice positive affirmations;</p> <p>"I am kind"</p> <p>"I am strong"</p> <p>"Today is a great day"</p>	<p>11</p> <p>Eat well for a healthier headspace!</p> <p>Make sure to include fruits, vegetables and foods high in fibre!</p>
<p>19</p> <p>Begin your day with grateful thoughts.</p> 	<p>20</p> <p>Book in a health check!</p> <p>A general practitioner (GP) can help with your physical or mental health concerns. See if your nearest headspace centre can help connect you with a GP.</p>	<p>21</p> <p>Achieve small tasks.</p> <p>The small stuff matters! Checking off small tasks can help to boost your confidence and lift your mood.</p>	<p>15</p> <p>Do something for yourself today.</p> <p>Treat yourself to a hot choccy, go for a walk or pamper yourself with a facemask. Do something for you.</p>	<p>16</p> <p>Limit exposure to negative news or social media content that can be stressful or triggering.</p>	<p>17</p> <p>Join a free running or walking group.</p> <p>See what's available in your local community or check out parkrun.com.au.</p>	<p>18</p> <p><i>"There's no right or wrong way to be gay. No right or wrong way to come out. It's your journey, do it the way you wanna do it."</i></p> <p>– Tan France</p>
<p>26</p> <p><i>"We deserve to experience love fully, equally, without shame, and without compromise."</i></p> <p>– Elliot Page</p>	<p>22</p> <p>Call or video chat with a friend you haven't spoken to in a while.</p> 	<p>27</p> <p>Smile at a stranger.</p> <p>It might just brighten their day.</p>	<p>22</p> <p>Call or video chat with a friend you haven't spoken to in a while.</p>	<p>23</p> <p>Do something creative!</p> <p>Like painting, writing or playing music to help reduce stress and boost your mood.</p>	<p>24</p> <p>Go to a new restaurant and try a new dish.</p>	<p>25</p> <p>Take a nap when you need it.</p> <p>Listen to your body.</p>
	<p>28</p> <p>Do things that make you feel happy.</p> <p>Like listening to a podcast or your favourite song.</p>	<p>29</p> <p>Wear your favourite outfit to boost your confidence today.</p>	<p>30</p> <p>Be kind to others.</p> <p>Remember to always treat others with kindness and respect. You never know what they might be going through.</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 a different healthy habit each day.

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



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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By **STRIDE** For better mental health

2023: the year for me!