

august write your story

2023

monday

tuesday

wednesday

thursday






friday

saturday

sunday

Write your story for Wear it Purple day.

This years, Wear it Purple day theme, “write your story” is an opportunity to voice your personal expression and individuality! This can be especially important for those who may feel isolated or unsupported. This August, support Wear it Purple day, come together to share stories to create a powerful sense of solidarity and support. Remember to always be kind and respectful of others.

	<p>1 Breath in. Hold. Breath out. You've got this!</p>	<p>2 Name three things that make you happy. Like walks on the beach, puppy cuddles, the smell of fresh-cut grass or the taste of chocolate cake!</p>	<p>3 Say thank you to someone.</p> 	<p>4 Take a break and enjoy an alcohol-free weekend. You can still have a good time with your mates without drinking.</p>	<p>5 Get creative! Give painting, photography or clay-making a try.</p>	<p>6 Join our eheadspace chat to discuss the pressures and implications of starting a habit-forming behaviour like vaping. Tonight at 6pm</p>
<p>7 Catch up on some zzz's Get an early nights rest or have a cheeky midday nap. A good rest can do wonders for your mental wellbeing.</p>	<p>8 Do more of what makes you happy.</p> 	<p>9 Check out your local council website for free activities happening in your area!</p>	<p>10 Talk a little nicer to yourself this week.</p>	<p>11 “Be kind. Unless you can be fantastic, then be fantastically kind.” – Jangandfox</p>	<p>12 Remember, it's okay to set boundaries. Your boundaries do not have to make sense to others.</p>	<p>13 Play some of your favourite tunes and have a little dance party!</p> 
<p>14 Ease into your week. Be kind to yourself, take regular breaks and do one thing at a time.</p>	<p>15 Learn about trans and gender diversity and/or sexuality by joining the eheadspace chat! Tonight at 6:30pm</p>	<p>16 Consider your own story. Sharing your lived experience can promote acceptance and challenge stereotypes. If you're not ready to share with others, that's ok too.</p>	<p>17 Take a walk around your neighbourhood. Say hi to all the dogs you see along the way!</p>	<p>18 Declutter your virtual space Delete old screenshots, unfollow accounts that don't serve you and unsubscribe from those spammy emails</p>	<p>19 Bake some cookies! For no reason other than that they taste good.</p>	<p>20 Enjoy some moments of peace. Try listening to some calming music while reading or taking a break with a cup of tea.</p>
<p>21 Listen with intent. Reach out to a friend or loved one who might be going through a hard time. Let them tell you how they are feeling.</p>	<p>22 Practice these affirmations; “I am strong” “I am valued” “I am loved”</p>	<p>23 Focus on the things you can control.</p> 	<p>24 Block some ‘me’ time into your calender. Self-care deserves a space in your schedule.</p>	<p>25 It's Wear it Purple Day! Celebrate and WRITE YOUR STORY. Learn how you can support the LGBTQIAP+ community this WIP day at wearitpurple.org</p>	<p>26 Remember, there is magic in you.</p>	<p>27 Try some mindfulness practices. Deep breathing is a great way to calm the mind and de-stress!</p>
<p>28 Progress is progress. Even if you're not where you hope to be yet... every step matters.</p>	<p>29 Write a thank you note to someone who has made a positive impact in your life.</p>	<p>30 “Resilience means being strong and holding onto a belief that I can overcome challenging times.” – Mission Australia</p>	<p>31 Practice some self-reflection. For example, consider, what's a moment in your life that defined you.</p>	<div data-bbox="1843 1646 2303 1814">  <p>Sign up to our newsletter for news, tips and happenings in the world of mental health.</p> </div> <div data-bbox="2318 1646 2846 1814"> <p>For online resources and support, join eheadspace: headspace.org.au/eheadspace</p> <p>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.</p> </div>		



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