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OF WOLLONGONG
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Below is a list of activities to practice self-care and make your workplace safe during the month of October. See how many you can do – but no need to stress if it's all or none... you do you.

Tag your photos/posts to #uowmentalhealthmonth

OCTOBER 2022

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1 Official Mental Health Month Campaign Launch NSW 10am – 12pm	2 Familiarise yourself with the UOW Safe@ Work website and resources.	3 Injuries @ Work Week	4 Ask a colleague what can be done to make your work area safer. UOW Safe @ Work Topics	5 Check your ergonomic set up at the office and/or at home.	6 Manual Handling Safety @ Work Online Event	7 Plan do to something fun/special for the weekend.
8 Choose a book to read for the month!	9 Binge watch your favourite show without guilt.	10 Mental Health Week	11 Ask an Inspector – Mould Forum	12 Enroll in UOW's online mental health training or a WHS course	13 How to Lift -Training Online Course	14 Find 10 minutes to sit and try mindfulness or meditation.
15 Check in with a family member or a friend.	16 Walk for Mental Health Month 10:30am – 12:30pm	17 Managing WHS Risks Week	18 Men's Mental Health Symposium 10am – 12pm	19 Ask an Inspector – Mould Forum	20 Do something creative	21 Sleep & Mental Health Symposium 10am – 12pm
22 Take 5 minutes to do some stretching at home.	23 Plan to have at least 8 hours sleep tonight.	24 Safe & Healthy Work Week	25 Put on your favourite album from start to finish. UOW Lifeworks (EAP)	26 Cook your favourite meal for lunch or dinner.	27 Donate time or money to your favourite charity.	28 Plan do to something fun/special for the weekend.
29 Listen to your favourite podcast/start a new one	30 Put your phone on silent for one hour and disconnect.	31 Watch a scary movie for Halloween!				