Safe work is for life

national safe work month | 2026

MENTAL HEALTH MONTH OCTOBER

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 2026

UNIVERSITY OF WOLLONGONG AUSTRALIA

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
31 **Halloween!** Watch a favourite movie, enjoy a treat, or plan a fun night with friends or family.					1 **Mental Health Month begins!** Discover how a little connection can go a long way.	2 **Safe work is for life.** Explore the 2026 National Safe Work Month campaign.
3 Choose a book to read for the month!	4 Check in with a friend or family member. Ask how they are going and make time to listen.	5 **For Life Week – Why WHS Matters.**	6 Learn how psychosocial hazards can affect health and safety at work	7 Explore UOW's psychological safety information and support resources	8 Take 10 minutes to sit and try mindfulness or meditation.	9 Review UOW's Risk Management Guidelines.
10 **World Mental Health Day** Take one small action that supports your mental health today.	11 Donate time or money to your favourite charity.	12 **For Health Week – What does safe work protect?**	13 Learn more about psychological health and safety at work.	14 Good work design supports good mental health. Learn how work can be designed to reduce psychosocial risks.	15 Review UOW's mental health and WHS training opportunities.	16 Explore practical information about mindfulness, stress, sleep, and resilience.
17 Plan do to something fun/special for the weekend.	18 Give yourself a screen-free hour. Read, walk, cook, or simply relax.	19 **For the Future Week – Consider the long-term impact of WHS.**	20 Check your workstation setup at home or in the office.	21 Mental health at work is a shared responsibility. Explore the UOW Mental Health Risk Assessment.	22 Worker consultation matters - Learn how meaningful conversations can help identify psychosocial hazards.	23 End the working week with a five-minute stretch and a screen break.
24 Cook your favourite meal for lunch or dinner	25 Plan one thing for the coming week that you can look forward to.	26 **For All Week – Safe and Healthy Work requires action across every workplace.**	27 Learn about managing psychosocial hazards through effective workplace controls.	28 Find mental health information, services, and support available in your local area.	29 Familiarise yourself with UOW's Wellbeing & Safety resources and contact options.	30 Celebrate connection. Thank someone who has supported, helped, or encouraged you this month.