

General Connection Calendar

Connection doesn't have to be big or time-consuming – small moments can make a meaningful difference to our mental health and wellbeing, one day at a time.

Mental Health Month October 2026

Mon	Tues	Wed	Thur	Fri	Sat	Sun
This calendar includes a range of prompts and activities designed to encourage connection with others, ourselves, community, culture, and the world around us.				Name It. 1 Write down how you're feeling today – open that notes app, get a pen and paper and write it down.	Micro thank-you. 2 Thank someone for something small, something you might usually overlook.	Voice instead of text. 3 Send a voice message about your day, something that reminded you about the person, or a fun fact.
Connect to Culture. 5 Cook, listen to music, or learn something from your own or another culture.	Make an effort to compliment 6 or thank the people you interact with.	Reflection piece. 7 Write a list of things you were able to connect with this week.	Share a meal with someone. 8	Ask a different question. 9 Swap "How was your day?" to "What did you enjoy most about your day?"	World Mental Health Day 10 Learn a fact about mental health and share it with someone.	Be a regular. 11 Visit the same local café, park or place to build familiarity.
Give back. 12 Do something to give back to the community – donate clothes, money, food, etc.	Connect to calm. 13 Take a moment to take some deep breaths in the middle of the day or in between tasks.	2-Minute check in. 14 Ask someone how they really are and listen to understand – not just reply.	Reconnect quietly. 15 Send a message to someone you haven't connected with in a while "How have you been? / I was thinking of you"	Volunteer 16 Find something you love and donate your time e.g. community garden, food truck, etc.	Put your thoughts on paper. 17 Journal, draw, or colour as a way to slow down and connect with yourself.	Connect to a song you used to listen to. 18 Dance, sing, or simply listen.
Compliment someone you don't know. 19	Phone a friend. 20 Opt for a phone call over a text today.	Take a photo with someone. 21 Capture a moment with a friend or pet.	Connect to Country. 22 Learn about a local plant or animal and try to spot it when you're outside.	Random Act of Kindness. 23 Go out of your way to brighten someone's day, a small gesture or something more meaningful.	Get Crafty. 24 Put together things you feel most connected to, e.g., nature, hobbies, people.	Wellbeing Day. 25 Treat yourself to something you enjoy!
Ask someone for a recommendation 26 – book, show, café, anything.	Get social. 27 Check out Wayahead's social media or LinkedIn to learn more about mental health.	Ask someone, 28 "If today had a theme song, what would it be?"	Share a laugh. 29 Ask someone if they have a favourite joke. If not, share one with them.	Share your current favourite song with someone 30 and explain why you like it.	Share a skill or fact. 31 Teach someone something that you know.	For more tips & information about how <i>A Little Connection Goes a Long Way</i> , scan the QR code. 

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