

Workplace 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.			Check in with a colleague. 1 Beyond workplace talk.	Have your lunchbreak with someone. 2	Invite someone for a coffee or tea. 3	Take a short walk. 4 Get some fresh air and connect with nature.
Celebrate a small team win. 5 – today, yesterday, last week or anytime during the month.	Get social. 6 Check out Wayahead's social media or LinkedIn to learn more about mental health.	Appreciate someone. 7 Acknowledge someone's work ethic and efforts.	Connect to values. 8 Choose a value and try to live by it for the whole work day, e.g. integrity, kindness, courage, etc.	Organise a team potluck. 9 Bring the team together to share lunch.	World Mental Health Day 10 Learn a fact about mental health and share it with someone.	Ask someone, 11 "If today had a theme song, what would it be?"
Micro thank you. 12 Thank someone for something small, something you might usually overlook.	Wrap up with intention. 13 Before finishing work, list your achievements and write a motivating quote for tomorrow.	Notice the good. 14 Write down or reflect on one thing that went well today.	Reconnect with work/life boundaries. 15 Finish the work day without staying back (if possible).	Curiosity 16 Ask someone how they got into the work that they do.	Kindness without credit. 17 Do something kind anonymously.	Share a skill or fact. 18 Teach someone something that you know.
Connect to calm. 19 Take a moment to take some deep breaths in the middle of your work or during your break.	Say it out loud. 20 Acknowledge something you're proud of today, even if it feels small.	Reconnect 21 Send a message to someone you haven't connected with in a while.	Start a positive ripple. 22 Share something good that's happened recently with a colleague.	Offer a hand. 23 Ask someone if they need support – even a small offer can make a difference.	Connect to yourself. 24 Write down how you're feeling today – notes, app or pen and paper.	Ask someone for a recommendation – 25 book, show, café, anything.
Share a motivating and warm message 26 to the team or write it on a piece of paper as a reminder.	Team-building. 27 Suggest something fun for bonding time, during a lunch break or an icebreaker before a meeting.	Support network 28 Find out which 3 people or resources you can reach out to for support (e.g. EAP, a mentor, a trusted colleague, etc)	Stay present. 29 No multitasking during any meetings today (i.e. no 'quick' email checks).	Go for a screen free break. 30 Sit outdoors for your lunchbreak or do some light stretches.	2-minute check in. 31 Ask someone how they really are and listen deeply.	For more tips & information about how <i>A Little Connection Goes a Long Way</i>, scan the QR code. 

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