

MENTAL HEALTH MONTH

OCTOBER

FOR ALL THE DETAILS
HEAD TO OUR SOCIALS
@ UOW PULSE - YOUR UNILIFE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 <i>"Give yourself some credit for how far you've come"</i>	2 SELF-CARE SUNDAY 
3 <i>"Just enjoy where you are now"</i>	4 BEND AND SNACK 7:30AM WELLNESS WORKSHOP: DIGITAL DETOX	5 BREAKY BAR 8AM WELLNESS WEDNESDAY HULA HOOPING	6 WALK FOR MENTAL HEALTH 10:30AM	7	8	9 SELF-CARE SUNDAY 
10 SOUND HEALING AND MEDITATION 2:30PM	11 BEND AND SNACK 7:30AM	12 BREAKY BAR 8AM WELLNESS WEDNESDAY HULA HOOPING	13 WALK FOR MENTAL HEALTH 10:30AM MENTAL HEALTH FIRST AID	14 <i>"When you get tired, learn to rest, not quit"</i>	15	16 SELF-CARE SUNDAY 
17 SOUND HEALING AND MEDITATION 2:30PM	18 BEND AND SNACK 7:30AM WELLNESS WORKSHOP: PROTECTING MENTAL WELL-BEING	19 BREAKY BAR 8AM WELLNESS WEDNESDAY HULA HOOPING	20 WALK FOR MENTAL HEALTH 10:30AM MENTAL HEALTH FIRST AID	21	22	23 SELF-CARE SUNDAY 
24 SOUND HEALING AND MEDITATION 2:30PM	25 BEND AND SNACK 7:30AM STRESS LESS WEEK	26 BREAKY BAR 8AM WELLNESS WEDNESDAY HULA HOOPING	27 WALK FOR MENTAL HEALTH 10:30AM	28	29 <i>"One thing at a time"</i>	30 SELF-CARE SUNDAY 
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ONGOING EVENTS:

- GRATITUDE ART ON THE LIBRARY WINDOWS - COME ALONG AND ADD TO OUR POSCA GRATITUDE ART. MONDAY-WEDNESDAY AT 11AM-3PM AND THURSDAY-FRIDAY AT 11AM-1PM
- GRATITUDE PHOTO COMP - JOIN IN OUR ONLINE PHOTO COMP FOR YOUR CHANCE TO WIN ONE OF THREE PRIZES!

