



October Mental Health Awareness Calendar

October is a crucial month for mental health awareness, featuring **World Mental Health Day** (October 10th). This calendar provides daily prompts, activities, and focus areas to encourage self-care, learning, and community engagement throughout the month.

DAY	DATE	THEME / FOCUS AREA	SUGGESTED ACTIVITY / ACTION
Wed	Oct 1	Setting Intentions	Write down one self-care goal for the month (e.g., more sleep, less screen time).
Thu	Oct 2	Stress Check-In	Rate your current stress level (1-10). Identify its primary source.
Fri	Oct 3	Mindful Movement	Take a 15-minute walk outside and focus only on the physical sensations of movement.
Sat	Oct 4	Gratitude Practice	List three things you are genuinely grateful for today and why.
Sun	Oct 5	Digital Detox	Commit to at least one hour screen-free before bed.
Mon	Oct 6	Social Connection	Reach out to a friend or family member you haven't spoken to recently.
Tue	Oct 7	Rest & Recharge	Dedicate the day to an activity that truly recharges you (reading, hobby, nature).
Wed	Oct 8	Emotional Vocabulary	Identify a feeling you had today and try to name it with a specific word (e.g., "irritated" vs. "angry").
Thu	Oct 9	Healthy Boundaries	Practice saying "No" politely to one non-essential request.
Fri	Oct 10	🌐 World Mental Health Day 🌐	Share a mental health resource on social media or with a colleague.
Sat	Oct 11	Body Check-In	Notice and release any tension you are holding in your shoulders or jaw.
Sun	Oct 12	Skill Building	Learn one simple new coping mechanism (e.g., Box Breathing).
Mon	Oct 13	Nature Therapy	Spend time in a park or natural setting to reduce mental fatigue.
Tue	Oct 14	Reflection	Write down one challenging emotion you handled well this week.
Wed	Oct 15	Self-Compassion	Treat yourself with the same kindness you would offer a struggling friend.
Thu	Oct 16	Active Listening	Spend a conversation fully focused on the other person, without planning your reply.
Fri	Oct 17	Sleep Hygiene Audit	Identify one bad habit that is affecting your sleep and plan to change it.
Sat	Oct 18	The Power of Music	Listen to music that is specifically chosen to improve your mood.
Sun	Oct 19	Mindful Eating	Pay close attention to the taste, texture, and smell of one meal today.
Mon	Oct 20	Declutter Your Space	Clean and organize a small area (desk, drawer) to reduce mental clutter.
Tue	Oct 21	Future Planning	Set one small, achievable goal for November.
Wed	Oct 22	Hydration Check	Ensure you meet your daily water intake goal, noting how it affects your energy.
Thu	Oct 23	Mental Health Myths	Debunk one mental health myth you've heard recently.
Fri	Oct 24	Gratitude Letter	Write a short note or message expressing appreciation to someone who helped you.
Sat	Oct 25	Financial Stress Check	Review a simple budget or spending habit to reduce financial anxiety.
Sun	Oct 26	Creative Outlet	Spend 15 minutes doing something creative (doodling, writing, crafting).
Mon	Oct 27	Media Awareness	Critically evaluate how the media you consume affects your mood.
Tue	Oct 28	Therapy Exploration	Research local mental health resources or read an article about counselling.
Wed	Oct 29	Positive Affirmation	Repeat a helpful, positive statement about yourself 10 times.
Thu	Oct 30	Deep Breathing	Perform a 5-minute deep breathing exercise before starting your work/study.
Fri	Oct 31	Review & Reward	Review your self-care goals for October and reward yourself for your efforts.

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