



# Look after yourself during Mental Health Week

## October 2020



**R U OK? Day**  
10 September  
<https://www.ruok.org.au/>

**Mental Health Day**  
10 October

**Mental Health Week**  
10–18 October

**World Smile Day**  
2 October

Starting with World Mental Health Day on 10 October, National Mental Health Week is held each year to help raise awareness about mental health and wellbeing challenges.

Think of yourself as a garden continuously growing and developing in response to different stimuli — from the sun showering us with warmth, to drops of rain, to the ever-persistent bugs eating away leaves and our roots seeking nourishment from the damp earth — the garden goes through automatic and reactive motions each day and is a complex community of organisms that work together forming an ecosystem that sustains life.

You are a complex multi-cellular organism and just like the garden, you also need maintenance (no offence intended!). It may sound silly to compare ourselves to the poor tomato plant out the back that's not looking too happy now that the dreaded Troppo season is starting to take hold — but is it really?

What does a garden do if it isn't looked after? It can wither and become unmanageable, resulting in bigger problems that are harder to fix — very similar to our mental and physical health. It makes sense to take a little break to maintain our wellbeing from time-to-time.

The most valuable gift we can give to ourselves is our health and wellbeing.

So during Mental Health Week this October, please dedicate some time to unwind from the norm and look after yourself both mentally and physically. ■

Connect with others;  
Be active;  
Savor the moment;  
Try something new;  
Give back to others.