

ACTIVE AUGUST 2021

Get active for your mental health: mentally, physically, socially, spiritually, culturally...

#ActiveAugust #ActBelongCommit

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Check out the Act Belong Commit Activity Finder for ways you can get active this August!	2 Get active with an online yoga, pilates, or aerobics session in the comfort of your lounge room.	3 Flex your creative muscles. Get crafty, paint, draw, take arty photos or colour-in.	4 Head outdoors to spend time in nature for good mental health.	5 Turn up the music, sing and dance like no one's watching.	6 At the end of the day, reflect on 3 things you're grateful for today.	7 Get out in the garden and connect with nature – plant new life, prune or clean up.
8 Head to the park to kick the ball with your kids, loved ones or mates.	9 Take the stairs instead of using the lift or escalator.	10 Try something new or do something you have never done before!	11 Get spiritually active. Meditate, pray, do some yoga or tai chi – whatever works for you!	12 Learn something new about Aboriginal culture, language or seasons.	13 Get your game on! Find a card or board game you can master with family or friends.	14 Celebrate National Science Week with activities, experiments, crafts, quizzes or baking.
15 Make time for self-care. It's a priority, not a luxury!	16 Mindful Monday. Pay attention to the present moment with openness, curiosity and without judgement.	17 Plan an active outing with mates, like a bush walk or bike ride.	18 Reignite your interest, join a class or local club/group. Check our Activity Finder for ideas!	19 Share your knowledge with someone by teaching them something new.	20 Make time to catch up with an old friend.	21 It's Book Week! Reading is a fantastic way to keep mentally active.
22 Try a recipe from a different culture. Look online for inspiration!	23 Soak up some culture from your couch, take a tour of an online art gallery or museum.	24 Act green! Recycle, reuse or repurpose something.	25 Spend time with someone over 60 or under 6 to get a different perspective.	26 Keep mentally active – try a new TED talk or podcast that interests you.	27 Stop and say hi to your neighbour.	28 Grab a bucket and gloves. Head to a beach, lake or parkland with friends to pick up rubbish.
29 Whatever the weather, get outdoors and mindfully breathe in the fresh air.	30 Bake something to share at work, school or with friends.	31 Reflect on how you can keep active throughout the rest of the year and set some goals.	Keeping mentally healthy is as simple as Act Belong Commit.			

Want more active ideas?
Check out actbelongcommit.org.au

