

Take the Active August challenge

Try one or two activities each week for your mental wellbeing



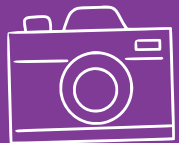
ACTIVE AUGUST



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Wake up and stretch

Learn a new skill or hobby



Get crafty at home



Join a parkrun, you can walk, run, volunteer or cheer

Plan a board games night

Leave a thoughtful note and make someone's day

Visit your local park



Gather friends or family to enjoy a meal together

Start a book club



Take time to chat with your neighbour

Listen to music or a podcast



Learn a new language. Try a free app!

Bike to work



Reflect on three things you are grateful for today

Grow your own veggies



Try a taster class, you might love it and do more

Reconnect with an old friend



Greet people walking by with a smile or hello

Join a fun club



Get involved with a local community event

Share a cuppa and a chat



Make time for self-care, and quiet time

Join a community garden



Share your cultural traditions with friends

Try some mindful breathing



Enjoy an art gallery or museum, or try virtual tours

Volunteer for what matters to you



Meditate, try yoga or tai chi, find what works for you

Get active in ways that work for you, mentally, physically, socially, spiritually or culturally.

Find our more actbelongcommit.org.au