

Mental Health Week 2023

TASMANIA • 7-15 OCTOBER

Mental Health Week 2023 – Sharing Activity

This Mental Health Week we are aiming to hear from 10,000 Tasmanians about the little things that have a positive impact on our mental health and wellbeing. This could be everything from patting your dog, to a walk on the beach, to dancing in your living room to your favourite song!

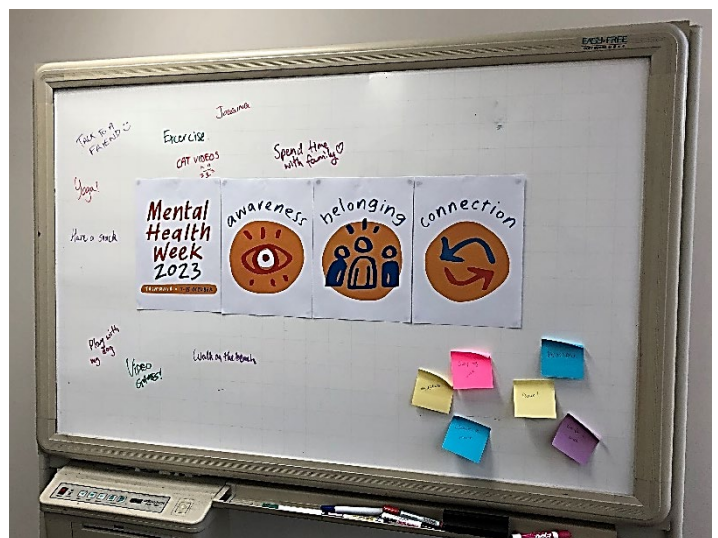
The goal is to help people understand that many of the little things they do already are actually good for them. By helping people make this link we are hoping to help everyone better understand some of the tools they already have to maintain and even boost their mental wellbeing. It's also an opportunity for people to learn some of the things their friends, family and colleagues do, and inspire each other to try these things for themselves.

We will be visiting some places in Tasmania with a big banner and encouraging people to write on it what they do to boost their mood. But we can't visit everywhere, so we've created a version that you can set up at your school, club or workplace.

How to set it up:

1. Download and print the PDF document.
2. Adhere the pages to a surface (wall, pinboard, whiteboard). The suggested layout is below, but you may choose to lay it out differently depending on the space you have available.
3. Adhere the instruction page beside the activity.
4. Supply pens and markers or even post-it notes, for people to write their responses to the question.
5. Let us know! If you're participating, or have questions, send us an email at enquiries@mhct.org You can also tag us on Facebook @mentalhealthcounciltas

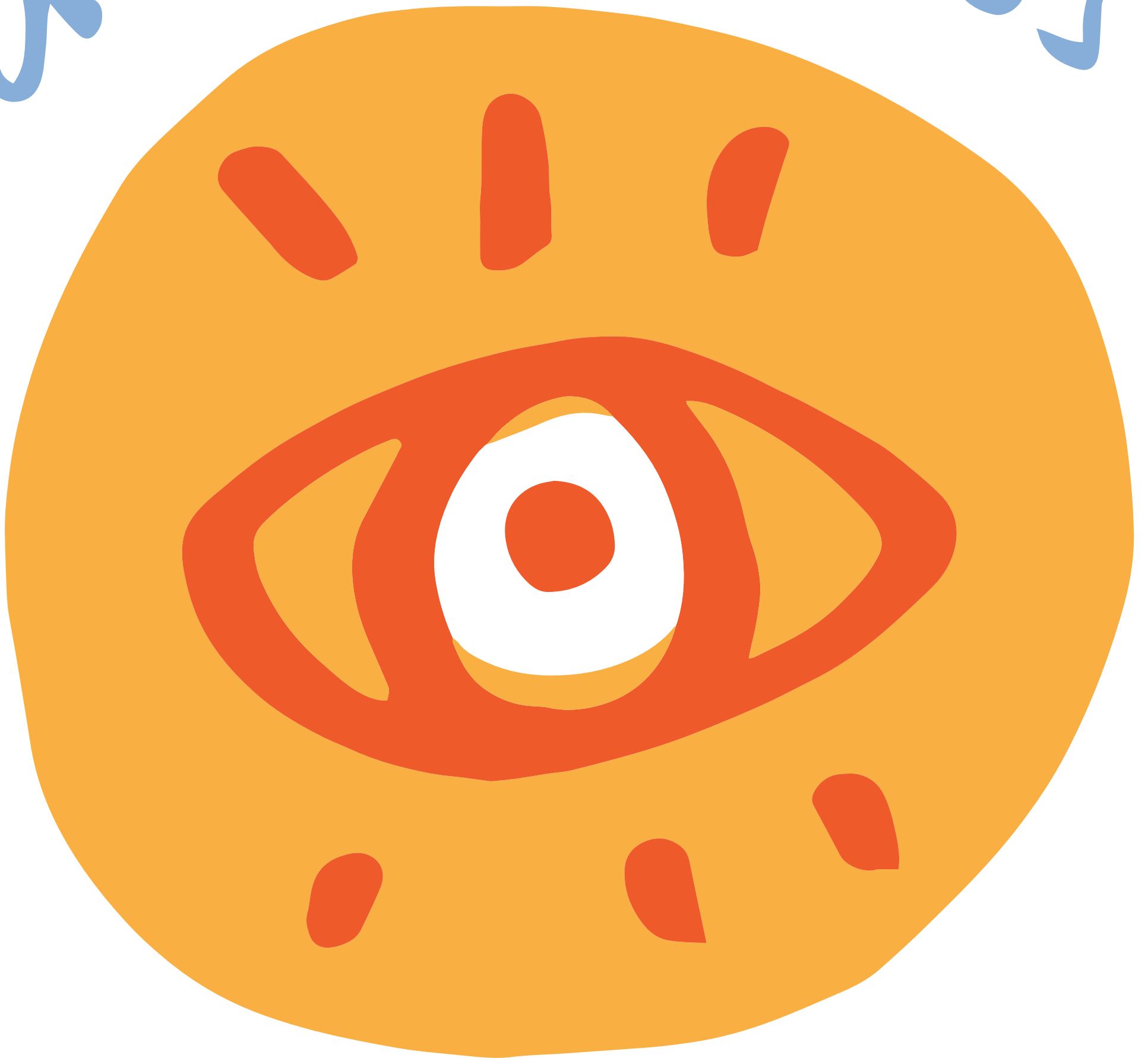
(Note that due to Mental Health Week encompassing World Mental Health Day on 10 October, we understand it is also during school holidays. We encourage schools to run the activity in the week before holidays or any time in October after holidays.)



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awareness



belonging



connections



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How to participate:

1. Grab a marker or a pen
2. Have a think about the question below, and then share your answer on the board:

**WHAT DO YOU DO TO
BOOST YOUR MOOD?**

