

# We ALL have a ROLE to PLAY

WayAhead  
Mental Health Association NSW

KEEP MOVING  
30  
stay positive

29  
journaling  
Today was a good day because...

28  
FOCUS ON MINDFULNESS

27  
YOGA

26  
GOAL SETTING FOR PURPOSE

21  
Join a Group  
laughter as medicine

22  
ART

23  
bathe in nature  
DANCE DANCE DANCE DANCE

24  
BAD weather day

25  
CALM meditation

20  
SELF CARE

19  
flowers

18  
HUG your FAMILY

17  
CELEBRATE the SMALL stuff

16  
Meditation

15  
exercise with a friend

14  
GRATITUDE ATTITUDE

13  
DON'T want to get out of bed

12  
brighten your day with SUNSHINE

11  
Fresh Fruit

10  
PTSD triggered

9  
HA HA HA laughter

8  
PUPPY LOVE-LOVE-LOVE

7  
conversation with a good friend

6  
IT WILL be OK

5  
Daytime

4  
Sleep Well

3  
Puppy

2  
IT WILL be OK

1  
Daytime