

R U OK? MONTH

Why limit it to just a day? This September, use our daily prompts to get your team focused on their peers' and their own mental and physical health.

Date	Activity
1	Start slow, set a goal to drink more water today
2	It's September, aim for 10k steps today (you can get a Fitbit through Perkbox)
3	Do some introspection through meditation (use your Perkbox account to access premium guided meditations)
4	Read up on how to ask someone if they're ok through ruok.org.au/how-to-ask
7	Do an office wide coffee date – draw names out of a hat to pair up, and ask each other about your experiences with mental health
8	Learn about stress management to improve mental wellbeing – try 'Overworked and Overwhelmed' by Scott Eblin (available on Blinkist through Perkbox)
9	Get some exercise in today, whether it's a leisurely walk at sunset or a high intensity sweat session (try a Boxx workout, available through Perkbox)
10	R U OK Day! Hold a lunch 'n' learn about the important of mental health
11	Reflect on your mental health experiences and try speaking to a close friend about all the new information you've learned over the last two weeks
14	Set yourself a mental or physical health goal for the week, hold yourself accountable by telling a colleague or friend
15	Reach out to someone in your life who you think might be struggling and ask if they're OK
16	Tidy up your workstation today and feel a sense of calm
17	What does self care mean to you? Book in some me-time today
18	Check in on the goals you've set this month, have you been achieving them? Renew your commitment to them
21	Hold a Blinkist book club today, try 'Social Empathy' by Elizabeth Segal
22	Follow up with your coffee date partner, how are they doing?
23	Challenge yourself to a day of healthy eating – have a team lunch to keep everyone on track (order on Hey You or MenuLog through Perkbox)
24	For the last week of September, give up alcohol
25	Hold a company-wide tea break in the afternoon to de-stress (provide snacks through SnackWize, available through Perkbox)
28	Send someone a message of thanks or encouragement through Recognition on Perkbox
29	Health is all about balance, today encourage your team to indulge in a guilty pleasure and share what that is
30	Reflect on this month's health theme and ask for feedback from your team members about how they found it