# 2026 October - Interfaith Insider

**World Mental Health Week** (Oct 4th – Oct 10th)

## Looking after your mental health

October can get busy. Small habits can support your well-being between classes and everyday responsibilities. Choose one idea that feels manageable and build from there.



### 01 Practice Gratitude

Note one to three specific things you appreciated today. A kind message or a warm meal counts. You can acknowledge a difficult day and still notice something good. [1]

**Try: "Today, I appreciated ___ because ___."**

### 02 Build Self-Belief

When self-talk turns harsh, ask what you would say to a friend. Try a fairer thought: "This is difficult, and I can take one step." Notice your strengths and give yourself credit for small achievements. [3]

**Try: Name one thing you handled well.**

### 03 Make Room for Connection

Invite a classmate to lunch, call someone you trust, or try a campus group. Meaningful connection can offer support and a sense of belonging. Start with one person and a plan you feel comfortable with. [2]

**Try: "Want to grab lunch after class?"**

### 04 Step Outside

Take a short walk or wheel, or sit outdoors and notice your surroundings. Movement and time in nature can support well-being. Choose an activity that suits your energy and abilities. [1, 2]

**Try: Spend your next break outdoors.**

### Take a moment to check in on yourself

What do I need today: rest, company, movement or support?

# Self-Care Habits

A little space to rest, reset and connect.

### 05 Healthy Recovery Time Away From Screens

Make space for a relaxing activity you enjoy. Put your phone aside and read a few pages, sketch, cook, or play a board game. Try a short break and notice how you feel afterwards. [1]

### 06 Practice Good Sleep Hygiene

Aim for a regular sleep schedule and a quieter wind-down before bed. Put screens aside and try a calming routine, such as reading or listening to music. Give yourself time to rest. [1]

## Support is part of caring for yourself

If you are struggling or your mental health is affecting daily life, reach out. You can ask for help before things feel overwhelming.

**SAIT Student Development and Counselling: 403.284.7023**

# Interfaith Interface

## October conversations

**Fridays 11:00 AM - 11:45 AM**

Room MB305 - Stan Grad Building

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| **Oct 9** | Alberta Separatism vs. Canada Strong |
| **Oct 16** | Thanksgiving |
| **Oct 23** | Halloween |
| **Oct 30** | The Value of Understanding our Fears |


**Sources & further reading**

[1] NIMH: Caring for Your Mental Health

[2] NHS: 5 steps to mental wellbeing

[3] NHS: Raising low self-esteem

SAIT counselling and support