

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				<div> <p>Welcome to the month of Connecting' – check out how this fits into 'The Five Steps to Wellbeing'</p> </div>		<div> <p>Check out Student Life's Facebook page - they're our 24/7 wellbeing support team and they run events to help you connect with peers.</p> </div>
4	5	6	7	8	9	10
	<div> <p>Have you connected with a local GP? Why not register online today?</p> </div>					<div> <p>World Mental Health Day</p> <p>Check out Student Life's Facebook page for a useful self-care strategy.</p> </div>
11	12	13	14	15	16	17
			<div> <p>Could you take some time today to pick up the phone and call a friend or family member?</p> </div>		<div> <p>Have you read the 'Beating the post-welcome blues' post on SUSSED? Check it out for some top tips!</p> </div>	
18	19	20	21	22	23	24
		<div> <p>Have you connected with your Personal Academic Tutor? If not, why don't you drop them an email today?</p> </div>				
25	26	27	28	29	30	31
	<div> <p>Volunteering is a great way to connect with others - find out more at: Take Part.</p> </div>			<div> <p>Did you know you can check for important announcements on your Faculty Hub on Blackboard?</p> </div>		