

10 TIPS TO HELP YOU STAY MENTALLY HEALTHY

Reach out, connect and be a friend



Connect with people who bring out your best self and enrich your life. The quality of our personal relationships has a great effect on our wellbeing. Put time, effort and energy into building strong relationships and reap the rewards.

See the funny side of life

Laughter is a wonderful medicine. Life isn't all work and no play. We get stuck in patterns and sometimes need to break out and ask ourselves – when did I last have a good laugh?



Embrace nature

Being amongst nature is great for our soul, whether it's the bush, beach or backyard. Feeling connected to the great outdoors offers a sense of freedom, fresh air and adventure, plus the soothing natural elements around us are healing for weary minds.



Learn something new

Embarking on a challenge to meet a goal or learning a new skill or hobby, whether at work or at play, improves your mental fitness and may be a great way to meet like-minded people. Learning is achieving and with it comes a great sense of accomplishment and improved self esteem.



Organise your day

Being disorganised can build stress and anxiety. You may be able to avoid some of the triggers and learn to prepare for or manage others. A balanced, organised lifestyle can help you manage stress better. Take time to organise and plan your life to avoid being constantly in a frenzy.



Have an early night



When your car runs low on fuel – you fill it up. When you run low on fuel make sure you do the same. Sleep is a great reviver. Late nights drain the energy reserves. Top up whenever you can.

Eat healthy

Rest and exercise have limited use if you aren't eating well. Take time to plan your diet and cook meals that are nutritious and full of energy. Rushing around almost always results in "fast food" choices. Cooking can also be a therapeutic and creative process - you can get your kids involved too!



Go for a walk and move your body

There is no better medicine than exercise. It's not always easy to put on the joggers and head out for a walk - it takes motivation. But once you've made that effort, the reward is huge. Exercise clears your head and places you outside the environment that is causing you concern. Plus it's good for both mind and body!



Take time out

Allow yourself some unfocused time each day to refresh; for example, let your mind wander, daydream or simply watch the clouds go by for a while. It's OK to schedule 'do nothing' to your day! You deserve some peaceful and calming time to yourself.



Ask for support

This can be as simple as asking a friend to babysit while you have some time out or speaking to your doctor (GP) about where to find a counsellor, peer support group or community mental health service. Everyone's life journey has bumpy bits and the people around you can help. If you don't get the support you need first off, whether it's from a professional, friend or family member, keep asking until you do.

