

# Do things you enjoy and stay mentally healthy

## High School

The final years of High School are filled with excitement, new experiences and opportunities. However these years can also be challenging and overwhelming at times. Exams, family issues and others' expectations can affect our mental health. It's really important to follow the simple message of **Act-Belong-Commit** to keep mentally healthy.



“Keeping active will help you reduce stress, improve your concentration and boost your resilience!”

act

Take a break from studying by going for a run, reading a book or drawing. Activities like these will also help to improve your concentration!

belong

Keep connected with your friends and any clubs or groups you're a part of. Organise a group study session or attend a community event.

commit

Being 'committed' to activities you engage in will give you a sense of meaning and purpose in life, which will increase your energy levels and motivation. Set yourself a realistic goal, help a friend with their studies or become a mentor for a younger student.

**For more ideas on how to keep mentally healthy and enjoy life more visit these websites:**

### Act-Belong-Commit

[actbelongcommit.org.au](http://actbelongcommit.org.au)

Find out how you can Act-Belong-Commit to be more mentally healthy. Use the 'Activity Finder' to find local activities, events and clubs.

### Headspace

National Youth Mental Health Foundation. They help young people who are going through a tough time. Visit a headspace centre, chat online or give them a call.

**Phone:** 1800 650 890

**Website:** [headspace.org.au](http://headspace.org.au)

### ReachOut

[au.reachout.com](http://au.reachout.com)

Helpful tips on how to handle life's ups and downs.

### Youth Focus

Free counselling and other services for young people experiencing mental health issues.

**Phone:** 6266 4333

**Website:** [youthfocus.com.au](http://youthfocus.com.au)



Mentally Healthy WA



Innovation Partner

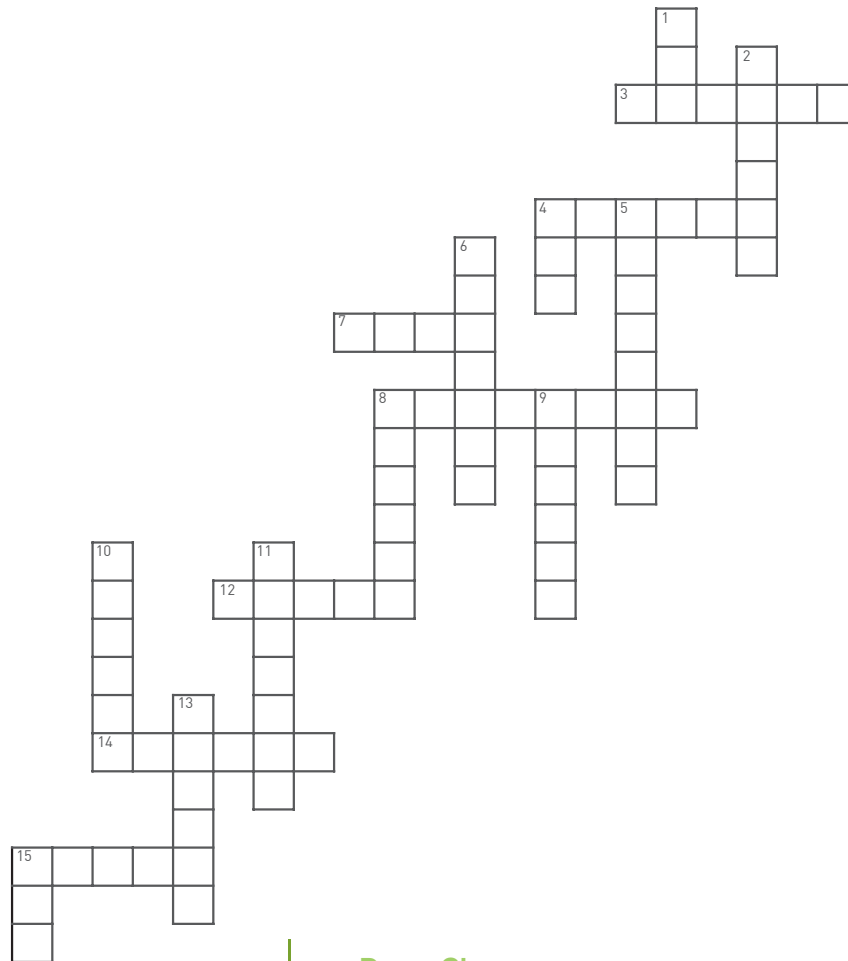
[actbelongcommit.org.au](http://actbelongcommit.org.au)

Originally developed with



Department of Sport and Recreation

# The Act-Belong-Commit Crossword!



## Across Clues

3. Pressure caused, for example, by school work.
4. Put effort into the activities you do.
7. To lend a hand.
8. Australian \_\_\_\_\_ League: AFL.
12. The opposite of sad.
14. A non-related person whom you care about.
15. To \_\_\_\_\_ your feelings with friends.

## Down Clues

1. To perform a task that keeps you mentally healthy.
2. The condition of the mind and body.
4. To excrete tears from the eyes due to sadness.
5. \_\_\_\_\_ Healthy WA.
6. To offer assistance or help.
8. Parents and children as a group.
9. To be part of a group or community.
10. What is felt when stress goes.
11. A physical activity that is slower than jogging.
13. To give attention with the ear.
15. Upset.