

# We can all do things to improve our mental health

## Primary School

Most people think a lot about the sorts of things they can do to keep physically healthy, like eating healthy foods and keeping fit, but it's also important to do things to keep mentally healthy.

Being active, having good friends and having hobbies and interests make us feel good, which helps us cope with problems and worries.

“Did you know that keeping active can help you worry less?”



“Doing something nice for others makes us feel good!”



act

Stay physically, socially, spiritually and mentally active. Walk or ride to school, play outside with some friends, read a book or complete a puzzle!

belong

Belonging to a club is not only fun, it's good for you! Join a netball club or footy team, join a band or get involved in community events.

commit

Learn to play a musical instrument, offer to help a younger sibling with their homework or sign-up for a fun-run. Committing means putting a little more effort into things you do.

**For more ideas on how to live an active lifestyle and keep mentally healthy visit the following websites:**

**Act-Belong-Commit**  
**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.

**Department of Sport and Recreation**  
**dsr.wa.gov.au**

Use the 'find a club' tool to find local sports clubs to join.

**Nature Play WA**  
**natureplaywa.org.au**

Ideas on how to get more involved in outdoor activities.



Mentally Healthy WA



Innovation Partner

**actbelongcommit.org.au**

Originally developed with



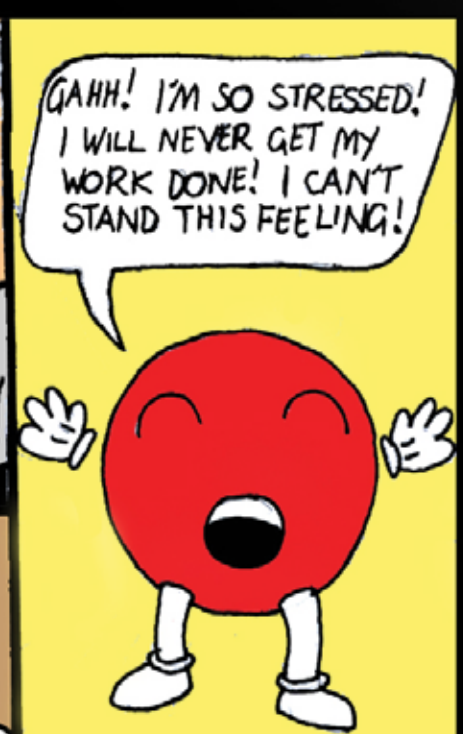
Department of  
Sport and Recreation



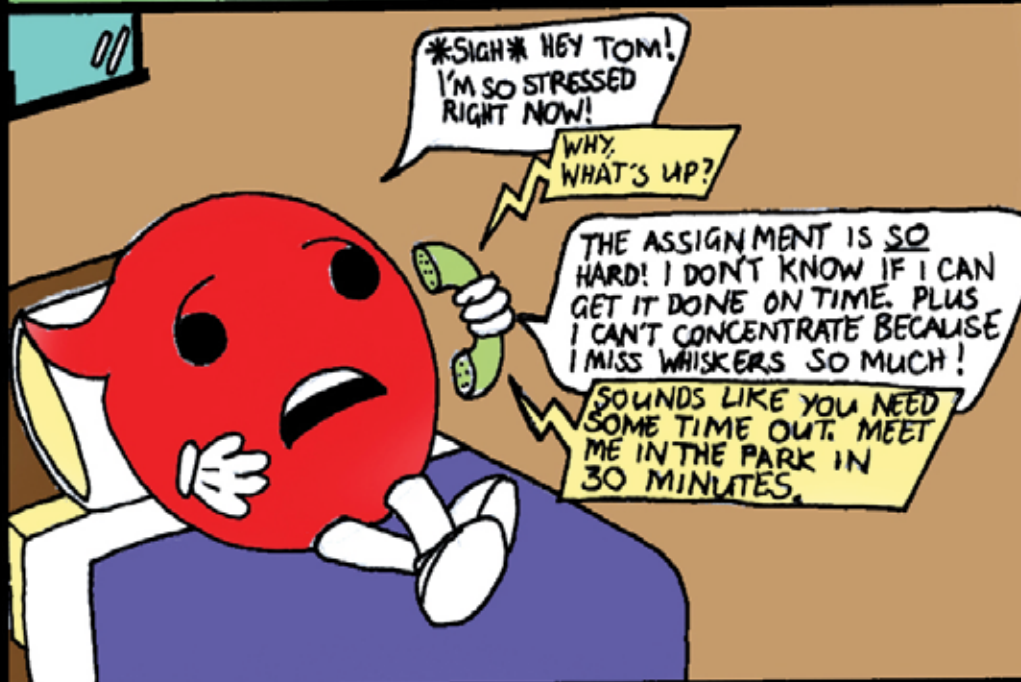
GOODBYE WHISKERS,  
I'LL MISS YOU!



AHH! THIS  
ASSIGNMENT IS  
SO **HARD!**



GAHH! I'M SO STRESSED!  
I WILL NEVER GET MY  
WORK DONE! I CAN'T  
STAND THIS FEELING!

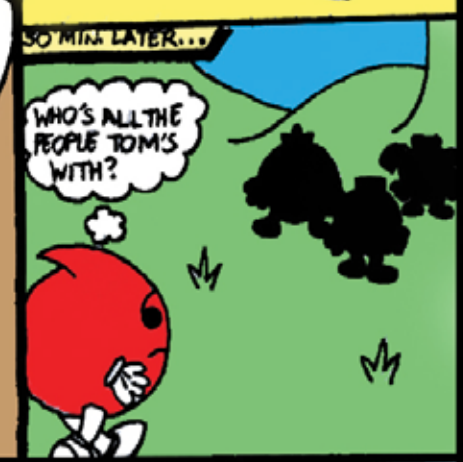


\*SIGH\* HEY TOM!  
I'M SO STRESSED  
RIGHT NOW!

WHY,  
WHAT'S UP?

THE ASSIGNMENT IS SO  
HARD! I DON'T KNOW IF I CAN  
GET IT DONE ON TIME. PLUS  
I CAN'T CONCENTRATE BECAUSE  
I MISS WHISKERS SO MUCH!

SOUNDS LIKE YOU NEED  
SOME TIME OUT. MEET  
ME IN THE PARK IN  
30 MINUTES.



SO MIN. LATER...

WHO'S ALL THE  
PEOPLE TOM'S  
WITH?

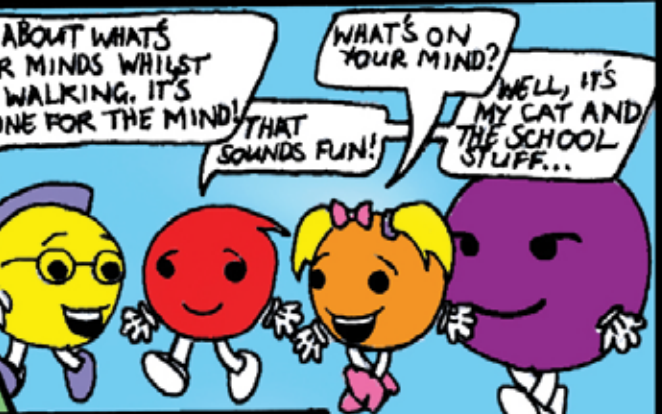


WELCOME TO OUR GROUP WALK!  
THIS IS MIKE...

AND THIS IS  
SANDY!

HEY!

HI!



WE TALK ABOUT WHAT'S  
ON OUR MINDS WHILST  
WE GO WALKING. IT'S  
MEDICINE FOR THE MIND!

WHAT'S ON  
YOUR MIND?

THAT  
SOUNDS FUN!

WELL, IT'S  
MY CAT AND  
THE SCHOOL  
STUFF...



WOW! THAT WALK WAS SO REFRESHING!  
AND I GOT A LOT OFF MY CHEST. MY MIND  
FEELS SO CLEAR NOW AND THIS ASSIGNMENT  
IS MAKING SENSE! I FEEL BETTER ALREADY!

**THE END!**



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Comic created by  
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