

# Keeping Mentally Healthy:

an *Act-Belong-Commit*  
resource for youth



## Acknowledgements

This resource was developed by Benny Sullivan with the assistance of the Mentally Healthy WA team.  
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# Introduction

When we think about mental health, we often think of words and images associated with mental 'ill' health. Mentally Healthy WA aims to re-frame this perception to something more positive — we can all do things to strengthen and promote our own mental wellbeing, and that of others.

Unfortunately not everyone experiences good mental health all of the time. One in five Australians experiences a mental health problem each year. Among high school aged youth, on average more than four students in each classroom experience a mental health problem. The risk increases after they leave school.

There is a lot to gain from maintaining good mental health. Mentally healthy people enjoy better self-esteem, bounce back better during tough times, achieve more in their personal and work life and look forward to the future. People who keep mentally healthy are usually more physically and socially active, contributing to being a happier and healthier person.

So how do you keep mentally healthy? It's easy. Follow the A-B-C guidelines for good mental health,

## Act-Belong-Commit!

### Act:

Stay physically, socially and mentally active. Go for a walk, read a book, play chess, say 'G'day'. Do things you enjoy and do them more often!

### Belong:

Belonging to a club or team has great benefits for mental health. Join a sporting team, start a book club or become a member of a band.

### Commit:

Committing means putting a little more effort into the things you do. This can be by volunteering for a good cause, helping out a friend or simply scheduling more training sessions with your sporting team.

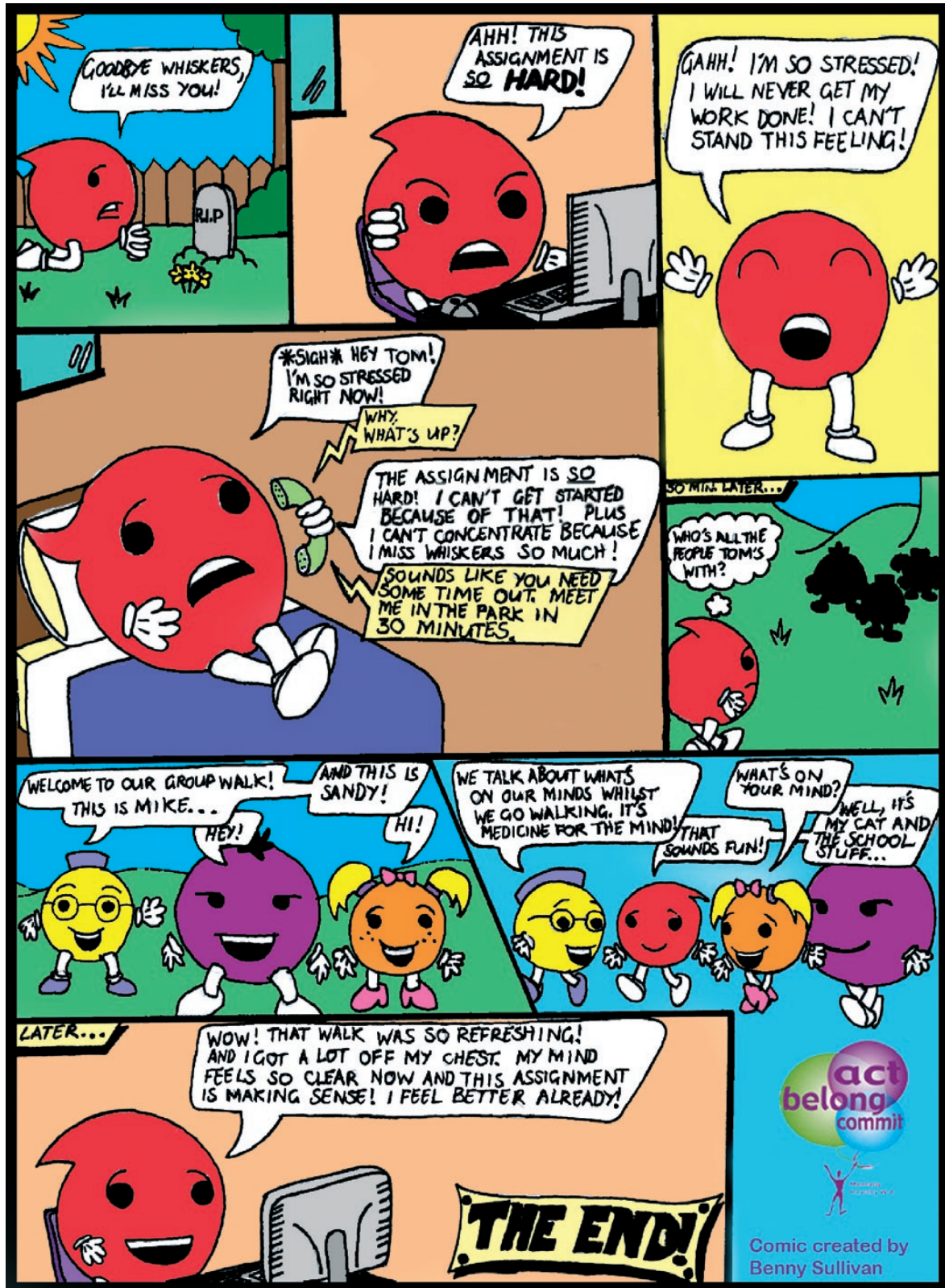
This teaching resource contains a variety of interactive activities that can be incorporated into lesson plans. They are designed to facilitate discussion around positive mental health and encourage students to do things to keep mentally healthy.

# Glossary of Terms

<b>Act</b>	Being active, physically, socially and cognitively.
<b>Belong</b>	Keeping up friendships, joining in club and community events.
<b>Commit</b>	Making 'commitments' to the activities you engage in.
<b>Health</b>	A state of physical, mental and social wellbeing and not merely the absence of disease.
<b>Mental health</b>	A state of wellbeing that allows each individual to recognise his or her own abilities, to cope with the normal stresses of life and work productively to contribute to the community.
<b>Mentally healthy</b>	A person who is happy, emotionally stable, mentally alert, active and content with who they are.
<b>Protective factors</b>	Factors that protect and promote good mental health.
<b>Stressors</b>	An agent, condition, or other stimulus that causes stress to an organism.
<b>Well-being</b>	A state characterised by health, happiness, and prosperity.



# The Act-Belong-Commit Comic



# Facilitation Notes

## What to do with this Comic

- Photocopy the comic and distribute to students.
- After reading, facilitate a discussion about the comic.
- What were the key messages?
- How did the actions fit with the ACT-BELONG-COMMIT message?
- What would the students do in a similar situation, and how would their actions fit into the ACT-BELONG-COMMIT categories?

## Tips...

This comic illustrates ways in which people can ACT-BELONG-COMMIT to stay mentally healthy.

### Act

Stay physically, socially and mentally active.  
Plant a tree or go for a walk.

### Belong

Belonging to a club or a team has great benefits for mental health. Join a sporting team, start a book club or join a band.

### Commit

Put a little more effort into the things you do.  
Volunteer for a good cause or help someone less fortunate.

Your name \_\_\_\_\_

## How I Do My A-B-C!

Daily

Weekly

Monthly

Act

Physically

Mentally

Socially

Belong

Commit



# Facilitation Notes

## What to do with this Activity

- Photocopy this activity and distribute to class.
- At the completion of this activity, hold a discussion to allow the students to share how they keep mentally healthy by following ACT-BELONG-COMMIT.

## Tips...

Keeping mentally healthy is as simple as following the three simple steps of ACT-BELONG-COMMIT.

### Act

Stay physically, socially and mentally active.  
It's easy to act; dance to music or bike ride with a friend.

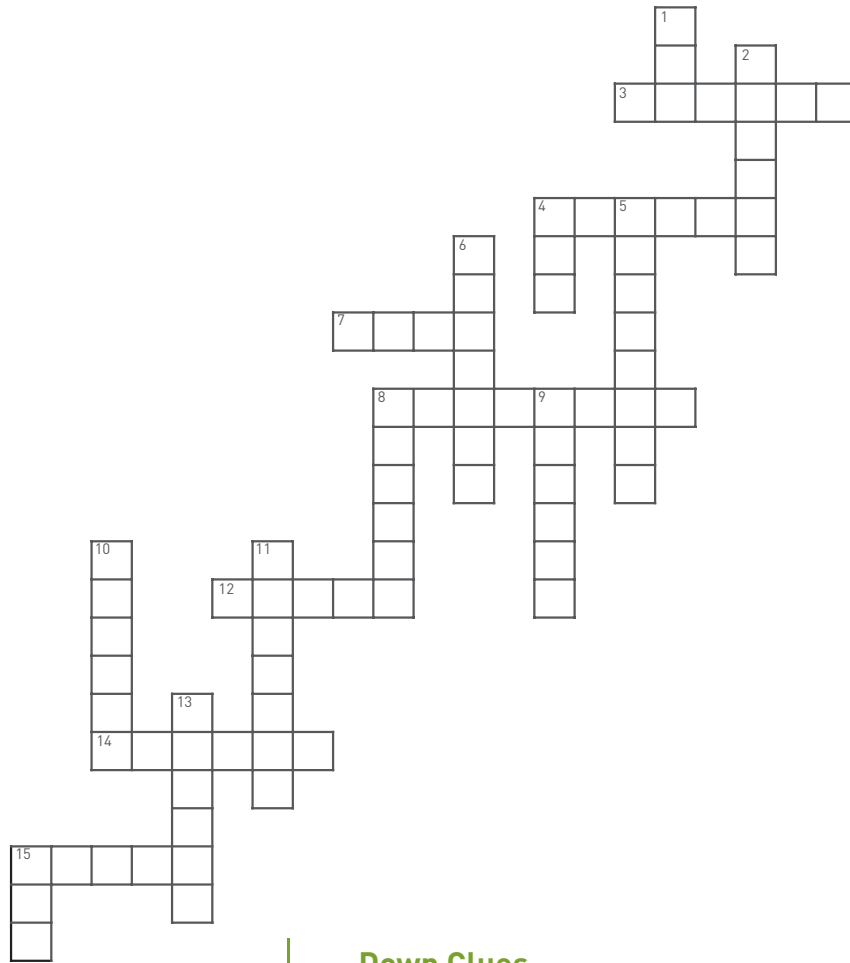
### Belong

Belonging to a club or a team has great benefits for mental health. Join a school team or start a chess club.

### Commit

Put a little more effort into the things you do.  
Helping out a friend is a good way to commit.

# 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.

# Facilitation Notes

## What to do with this Crossword

- Photocopy the crossword and distribute to students to complete.

### Tips...

Keeping mentally healthy involves a range of behaviours that follow the ACT-BELONG-COMMIT message.

#### Act

Stay physically, socially and mentally active.  
Exercise with a friend or go to a skate park.

#### Belong

Belonging to a club or a team has great benefits for mental health.  
Join a band, start a debate group at school or join a soccer club.

#### Commit

Put a little more effort into the things you do.  
Volunteer for a good cause or help someone less fortunate.

#### Answers:

**Across:** 3. Stress, 4. Commit, 7. Help, 8. Football, 12. Happy, 14. Friend, 15. Share

**Down:** 1. Act, 2. Health, 4. Cry, 5. Mentally, 6. Support, 8. Family, 9. Belong,  
10. Relief, 11. Walking, 13. Listen, 15. Sad

## A Mentally Healthy Word Sleuth!

M E M B E R A N X S M I L E P R  
E R P H O C T Y H P O V N M Y T  
N I E R H L V O T O G N O L E B  
T Y P E N T Y R F R I E N D S L  
A F L C T I E N S T O O P S X Y  
L P L O K N E V E S T R I A L Y  
L Y A M P Q U I V A N S P O C I  
Y L I M A F A L Y P U O R G E T  
A C P I B Y T L O N G C O M M T  
X A N T H O W S R V A N C O V G  
H E A L T H Y L P S Q V W A N P

ACT

BELONG

COMMIT

FAMILY

FRIENDS

GROUP

HEALTHY

HELP

MENTALLY

MEMBER

SMILE

SPORTS

VOLUNTEER

# Facilitation Notes

## What to do with this Word Sleuth

- Photocopy the crossword and distribute to students to complete.

### Tips...

The words in this word sleuth are some ways people can ACT-BELONG-COMMIT to stay mentally healthy.

#### Act

Stay physically, socially and mentally active.  
Walk to the movies with friends or go for a bike ride.

#### Belong

Belonging to a club or a team has great benefits for mental health.  
Join a basketball team, or become a student representative at school.

#### Commit

Put a little more effort into the things you do.  
Help a friend in need or start your own hobby group.



# The *Act-Belong-Commit* Hidden Words Puzzle!

## Instructions

Solve each of the four clues below. For each clue, the letters of the answer correspond to the numbers in the brackets. This indicates their position in the grid. After solving each clue, the secret words will be revealed.

1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	

The secret words are...

\_\_\_\_\_

## Clues

- 1. Opposite of women (1, 10, 3)
- 2. Keep Record (4, 11, 6, 12, 15)
- 3. Recover (14, 2, 5, 7)
- 4. Belonging to thee (13, 9, 8)

# Facilitation Notes

## What to do with this Hidden Words Puzzle

- Photocopy the crossword and distribute to students to complete.

### Tips...

The secret words reveal the organisation that initiated the ACT-BELONG-COMMIT campaign; Mentally Healthy WA. Staying mentally healthy involves following three simple steps:

#### Act

Stay physically, socially and mentally active.  
Plant a tree or walk to a friend's house.

#### Belong

Belonging to a club or a team has great benefits for mental health.  
Start a chess club or join a band.

#### Commit

Put a little more effort into the things you do.  
Schedule more time to catch up with friends or volunteer for a good cause.

# A Mentally Healthy Fill-in-the-blanks!

Using the words from the list below, fill in the blanks to reveal some mentally healthy quotes. Each word can only be used once.

Being \_\_\_\_\_ helps you cope with stress and lifts the spirits.

Be Mentally \_\_\_\_\_, Act Belong Commit.

\_\_\_\_\_ builds friendships, creates opportunities, strengthens communities and feels good. Go on, \_\_\_\_\_ in, Act Belong Commit!

\_\_\_\_\_ creates opportunities for you and others, it strengthens a sense of belonging and it feels \_\_\_\_\_. Commitment gives meaning to \_\_\_\_\_.

Doing things you \_\_\_\_\_ helps to keep you mentally healthy. Hanging out with friends, spending time with family, surfing down at the beach, rock climbing, painting, reading or learning to dance are all \_\_\_\_\_ that help us feel good about ourselves.

Being active, having a \_\_\_\_\_ of belonging, and having a \_\_\_\_\_ in life all contribute to \_\_\_\_\_ and good mental health.

Staying physically, socially and \_\_\_\_\_ active are the basic building blocks for mental health. Being active in these ways keeps us alert, \_\_\_\_\_ and in \_\_\_\_\_ with others.

The more \_\_\_\_\_ healthy we are, the better we are able to resist physical \_\_\_\_\_ and diseases. In the same way, the more mentally healthy we are, the better we are able to \_\_\_\_\_ with life's problems.

Being physically, mentally and \_\_\_\_\_ active is good for our mental health and happiness. Take a walk, read a book, visit or telephone a \_\_\_\_\_.

ACTIVE

ACTIVITIES

BELONGING

COMMITMENT

COPE

ENERGETIC

ENJOY

FRIEND

GOOD

HAPPINESS

HEALTHY

ILLNESSES

JOIN

LIFE

MENTALLY

PHYSICALLY

PURPOSE

SENSE

SOCIALLY

TOUCH

# Facilitation Notes

## What to do with this Fill-in-the-Blanks

- Photocopy this worksheet and distribute to students to complete.
- Facilitate a discussion about students' thoughts on the statements and how these relate to their own experiences.

### Tips...

Keeping mentally healthy involves a range of behaviours that follow the ACT-BELONG-COMMIT message.

#### Act

Stay physically, socially and mentally active.  
Say hello to a neighbour or call a friend.

#### Belong

Belonging to a club or a team has great benefits for mental health.  
Start a book club or join an after-school sports team.

#### Commit

Put a little more effort into the things you do.  
Learn a new language or a new sport.

#### Answers:

In order of appearance: active, healthy, belonging, join, commitment, good, life, enjoy, activities, sense, purpose, happiness, mentally, energetic, touch, physically, illnesses, cope, socially, friend.

# The Act-Belong-Commit Mystery Word!

## Instructions:

Using the clues listed below, fill in the boxes with the correct answer. The letter before each clue corresponds with the answer row. Once all the answer rows are completed, fill in the mystery word by writing in the letter assigned to each number.

## Mystery Word:

1	8	19	24	34	39	45	58	59
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A)	1	2	3	4	5	6	7		
B)	8	9	10	11	12	13	14	15	
C)	16	17	18	19	20	21	22		
D)	23	24	25	26	27	28	29	30	
E)	31	32	33	34	35	36			
F)	37	38	39	40	41	42			
G)	43	44	45	46	47	48	49	50	51
H)	52	53	54	55	56	57	58		
I)	59	60	61	62	63				

- |   |  |
|---|--|
| <p><b>A)</b> Mentally _____ WA. (1–7)</p> <p><b>B)</b> Physical _____ keeps you fit. (8–15)</p> <p><b>C)</b> Offer a shoulder to lean on. (16–22)</p> <p><b>D)</b> The tendency to look on the positive side of life. (23–30)</p> <p><b>E)</b> Parents and children as a group. (31–36)</p> | <p><b>F)</b> Socialising is good for your _____ health. (37–42)</p> <p><b>G)</b> Having an abundance of energy. (43–51)</p> <p><b>H)</b> People you care about but are not related to. (52–58)</p> <p><b>I)</b> An expression with the mouth performed when happy. (59–63)</p> |
|---|--|



# Facilitation Notes

## What to do with this Mystery Word

- Photocopy the Mystery Word activity and distribute to students to complete.

### Tips...

The words in this activity are some ways people can ACT-BELONG-COMMIT to stay mentally healthy.

#### Act

Stay physically, socially and mentally active.  
Do some gardening or go for a run.

#### Belong

Belonging to a club or a team has great benefits for mental health.  
Join a netball or football team, or make new friends at school.

#### Commit

Put a little more effort into the things you do.  
Learn to play an instrument, or help your younger brother or sister with their homework.

#### Answers:

**A)** Healthy **B)** Activity **C)** Support **D)** Optimism **E)** Family  
**F)** Mental **G)** Energetic **H)** Friends **I)** Smile

**Mystery Word:** Happiness

# The Act-Belong-Commit Word Scramble!

Unscramble the words to reveal things that keep you mentally healthy!

- |              |       |                |       |
|--------------|-------|----------------|-------|
| 1. NEMLAT    | _____ | 12. NITSEL     | _____ |
| 2. CAT       | _____ | 13. ASBLTKBELA | _____ |
| 3. ICOTMM    | _____ | 14. GHTWIES    | _____ |
| 4. GOBELN    | _____ | 15. ROTSP      | _____ |
| 5. HTYAHEYL  | _____ | 16. NGSI       | _____ |
| 6. LGAHU     | _____ | 17. ADNCE      | _____ |
| 7. ELVO      | _____ | 18. TCKSEH     | _____ |
| 8. TREVEOULN | _____ | 19. CSMUI      | _____ |
| 9. PLHE      | _____ | 20. RAT        | _____ |
| 10. RPSTOPU  | _____ | 21. SUREPESR   | _____ |
| 11. LIESM    | _____ | 22. RESTSS     | _____ |

# Facilitation Notes

## What to do with this Word Scramble

- Photocopy the word scramble and distribute to students to complete.
- Once completed, start a discussion on how some of the words in this word scramble are used by the students to ACT-BELONG-COMMIT.

## Tips...

Staying mentally healthy involves a range of activities that enables you to ACT-BELONG-COMMIT.

### Act

Stay physically, socially and mentally active. Sketch a picture, run on the beach, or solve a few word puzzles.

### Belong

Belonging to a club or a team has great benefits for mental health. Join a scouting group, or a chess club.

### Commit

Read a challenging book, help an elderly neighbour or learn to dance.

#### Answers:

1. Mental, 2. Act, 3. Commit, 4. Belong, 5. Healthy, 6. Laugh, 7. Love, 8. Volunteer, 9. Help, 10. Support, 11. Smile, 12. Listen, 13. Basketball, 14. Weights, 15. Sport, 16. Sing, 17. Dance, 18. Sketch, 19. Music, 20. Art 21. Pressure, 22. Stress

# Tips to Keep You Mentally Healthy

## **Build Confidence**

Identify your abilities and weaknesses together, accept them, build on them and do the best with what you have.

## **Eat Right and Keep Fit**

A healthy diet, exercise and rest can help you reduce stress and enjoy life.

## **Make Time to Hang Out**

Relationships with friends need to be nurtured or they will not be there to share good times and bad.

## **Give and Accept Support**

Be there when you're needed and accept your friends' and family's help when you need it.

## **Try Not to Waste Money**

If you spend too much on things you want and don't have enough left for things you need, you can feel quite stressed.

## **Help Out Those in Need**

Help out a friend or do something for a good cause. It gives a sense of purpose and self-satisfaction.

## **Manage Stress**

Learning to deal with things that stress you out will maintain your mental health.

## **Get a Good Night's Sleep**

Getting good quality sleep each night will improve mood, concentration, energy and health.

## **Find Strength in Numbers**

Sharing a problem with friends will help you find a solution and prevent you from feeling isolated.

## **Identify and Deal with Moods**

Express your feelings of anger, sadness, joy and fear in constructive ways.

## **Learn to Accept Who You Are**

Get to know who you are, what makes you really happy, and learn to balance what you can and cannot change about yourself and others.

# Facilitation Notes

## What to do with these Tips

- Photocopy these tips and distribute to each student.
- Allow time to read through and understand, or read aloud to the class.
- After reading the tips, discuss with the students how each tip can be applied to everyday life and provide examples.

## Tips...

Many of these tips can fall into one or more categories of ACT-BELONG-COMMIT. Staying mentally healthy is as easy as A-B-C: Act-Belong-Commit.

### Act

Stay physically, socially and mentally active.  
Paint a picture or go on a hike with friends.

### Belong

Belonging to a club or a team has great benefits for mental health. Join a school sports team or a school debate team.

### Commit

Volunteer. Learn a new skill.



# The Mentally Healthy Quiz!

Keeping mentally healthy is just as important as staying physically healthy and it's as easy as A-B-C:

*Act-Belong-Commit*

1. What is the slogan for Mentally Healthy WA?

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2. What does ACT-BELONG-COMMIT mean?

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3. What are three ways to be physically active?

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4. What is one way to keep socially active?

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5. What is one way to keep mentally active?

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6. How can you improve your sense of belonging?

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7. What are some ways you can commit to the activities you engage in?

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8. What is something you do that keeps you mentally healthy?

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**9.** How many people in Australia experience a mental health problem each year?

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**10.** Who could you contact if you think your friend is having difficulties coping at home or at school?

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**11.** Are mental illnesses contagious?

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**12.** What sort of activities keep you mentally healthy?

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**13.** Who could you talk to if you thought your brother/sister was depressed?

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**14.** What are three ways to reduce stress?

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# Facilitation Notes

## What to do with this Quiz

- Photocopy and hand out this quiz to students to complete.
- Alternatively, ask questions to the class for verbal answers.
- At the completion of the quiz, hold a discussion on what being mentally healthy means and how they can maintain mental well-being with ACT-BELONG-COMMIT
- This quiz can be used with a chocolate wheel or other innovative ways that encourage students to be involved and answer questions.

## Tips...

The number of people with a mental illness is increasing. Keeping mentally healthy is becoming more important and can be done in three simple ways:

### Act

Stay physically, socially and mentally active.  
Go to the shops with friends or play your favourite instrument.

### Belong

Belonging to a club or a team has great benefits for mental health. Join a band or start a book club.

### Commit

Put a little more effort into the things you do. Learn something new or lend a hand to somebody who needs it.

#### Answers:

1. Act-Belong-Commit, 2. Be active, Belong to community groups, Make commitments to your activities, 3. Sports, Walking, 4. Spend time with friends, 5. Crossword puzzle  
6. Join a band, 7. Volunteer, learn something new, 8. Exercise, 9. One in five  
10. See fact sheet contacts 11. No 12. Swimming, movies with friends,  
13. See fact sheet contacts 14. Exercise, garden, sleep well.

## This image shows a full page of blank handwriting practice paper. It features approximately 28 evenly spaced, horizontal green lines across the entire width of the page. The background is plain white, providing a clear guide for letter height and placement. There are no margins, text, or other markings present.



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