



# MENTAL HEALTH MONTH - OCTOBER



## WHAT IS MENTAL HEALTH?



Mental health affects how we think, feel and act. It also affects our everyday life, like work, study and relationships. Looking after our social and emotional wellbeing is important because when we are emotionally healthy we can be fully present with our family, friends and community.



## PRACTICE MINDFULNESS

Mindfulness is about focusing your awareness on the present moment without judgement. Pay attention to the present moment, notice what you are thinking, feeling or experiencing in a nonjudgmental way and make space for this.

## EAT HEALTHY FOOD

Food is vital to maintaining physical and mental health. A balanced diet improves energy, concentration, self-esteem, sleep, physical health and mindset

## GET ENOUGH SLEEP

Good quality sleep is key to mental health and wellbeing. Good sleep helps improve mood, memory and ability to manage stress

## KEEP ACTIVE

Keeping active helps you stay both physically and mentally fit. Even small amounts can have benefits of; lifting mood, improving sleep, increasing energy, blocking negative thoughts, increasing positive thinking



## THE STATE OF OUR MENTAL HEALTH



In Australia, around 1 in 2 people will struggle with their mental health during their lifetime.

Worldwide, 1 in every 8 people live with a mental health condition.

Learning about mental health will help you to look after your emotional wellbeing and support those close to you.



It's important to seek support early if you're concerned about yourself or someone else.

## ESTABLISH A GOOD ROUTINE



Following a day-to-day routine can support your mental health. Routines reduce the build up of stress, provide a sense of structure and rhythm. In times of uncertainty, routines can remind you that things are in your control and provide security.



## SPEND TIME WITH YOUR LOVED ONES

Useful Websites: Beyond Blue - <https://www.beyondblue.org.au/>

ReachOut - <https://au.reachout.com/>

Black Dog Institute - <https://www.blackdoginstitute.org.au/>