

6

TIPS FOR BETTER MENTAL HEALTH & WELLBEING



Stay healthy

- Eat a balanced diet
- Get 30 minutes of exercise
- Aim for 8 hours of sleep per night

Keep learning

- Listen to a podcast
- Complete a sudoku
- Learn a new skill



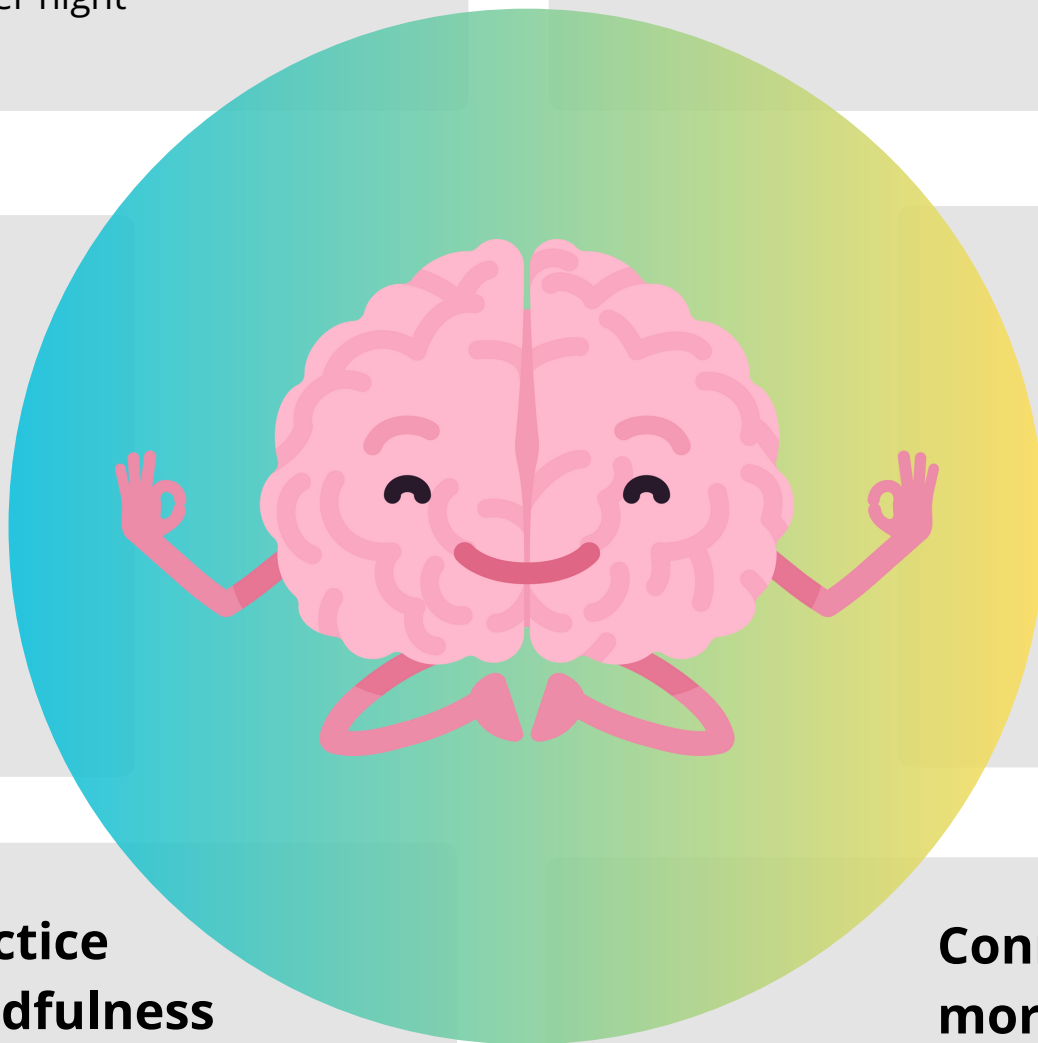
Show kindness

- Volunteer
- Write down what you are grateful for
- Help a neighbour

Embrace Nature



- Take a walk
- Have a picnic
- Look at the stars



Practice Mindfulness

- Take 3 deep breaths
- Notice what you can see, smell, hear and feel in the moment
- Heave a tech-free hour

Connect more



- Call a friend
- Have lunch with a colleague
- Start a conversation with your barista

KEY NUMBERS

| | | |
|---------------------------------|--------------|--|
| Lifeline | 13 11 14 | lifeline.org.au |
| Suicide Callback Service | 1300 659 467 | suicidecallbackservice.com.au |
| 1800RESPECT | 1800 737 732 | 1800respect.org.au |
| 13YARN | 13 92 76 | 13yarn.org.au |
| Beyond Blue | 1300 224 636 | beyondblue.org.au |
| Qlife | 1800 184 527 | qlife.org.au |
| Mensline | 1300 789 978 | mensline.org.au |