

LOOKING AFTER YOUR MENTAL HEALTH



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MAINTAINING POSITIVE MENTAL HEALTH



Mental health is an important part of our overall wellbeing. It is dynamic and exists on a continuum, ranging from healthy or normal functioning to ill health.

Positive mental health can be achieved through self care.

Some tips include:

1. Learn how to manage stress
2. Take time out for yourself
3. Eat nutritious meals
4. Exercise regularly
5. Get enough sleep
6. Avoid alcohol and drugs
7. Surround yourself with supportive family and friends
8. Quiet your mind through mindfulness
9. Set realistic goals
10. Get help when you need it.

SUPPORTIVE CONVERSATIONS

Don't be afraid to talk about mental health – whether it be about yours or someone else's. Having a conversation with someone who is struggling can help them feel supported. We can be prepared for this conversation if we follow these steps:



RECOGNISE

Look out for any **uncharacteristic changes** in the way you or others think, behave or speak.

Common changes may include: withdrawing, low motivation, absence from work, hyper vigilance, high emotion.

RESPOND

Remember that everyone is different and each situation is unique.

Respond supportively. Begin with an observation about the changed behaviour and engage in an open conversation by asking, "How are you doing?"

Actively listen and clarify with questions.

REFER

You don't have to have all the answers about mental health, but you should **encourage them to connect** with support services. Some of the options available are their EAP, GP, support hotlines or community groups.

Make sure you **follow up** with the person in a few days' time and see how they are going.

