Mentally healthy every day

We hear a lot about wellbeing and how important it is for individuals and society more broadly. Wellbeing has many benefits including better health outcomes, reduced mental health concerns, improved life satisfaction, engagement and productivity, greater resilience, stronger social connections and sense of community, just to name a few.

Our overall wellbeing relies on achieving good balance between physical and mental wellness. The good news is that the two don't work in isolation, they go hand-in-hand with each other and act as a catalyst for the other.

What is mental wellbeing?

Mental wellbeing is not just the absence of mental illness, it's being in a good mental state to enjoy life with all of its ups and downs, including unexpected stresses. It includes emotional resilience, a sense of purpose, strong relationships, and the ability to manage stress. Mental wellbeing is dynamic and can change depending on life circumstances, but it can be nurtured and improved through daily habits and intentional practices.

Why is mental wellbeing important?

Mental wellbeing plays a vital role in every part of our lives. It influences how we think, feel, and behave, shaping our ability to manage stress, build relationships, and navigate challenges. Good mental health supports our physical wellbeing, impacts our performance at work, and affects how we connect with others. It also influences how we see ourselves and interpret the world around us.

50%

Did you know?

Almost half of all Australians adults will face mental ill-health at some point in their life however research shows that high levels of wellbeing can reduce the risk of developing mental illness by up to eight times.

How can I improve my mental wellbeing?

The biggest difference in improving wellbeing is made over time with small, consistent actions. Prioritising mental wellbeing means making space for rest, connection, reflection, and joy in your daily routine. These small habits then become the baseline of resilience that you rely on when life presents you with challenges.

Think of building resilience and mental wellbeing like signing up to run a marathon – you don't just go out and run a marathon on a whim, you train and build up the muscles and stamina required so you can run well on race day.

Give these tips a go to incorporate mental wellbeing habits into your daily routine

1. **Start your day with gratitude** - set yourself up for the day with a positive outlook and mood booster. Note down three things that you are thankful for each morning.
2. **Connect with others** - social connection is a key pillar of mental health. Meaningful social interactions, even brief ones, can boost mood and reduce stress.
3. **Get moving** - exercise releases endorphins, the feel-good hormone. Regular physical activity, even a 10 minute stretch or walk can do you the world of good.
4. **Make time for you** - when life gets challenging, we make less time for ourselves. Make it a daily habit to do something for yourself each day that brings you joy, even just a few minutes can make a difference.
5. **Sleep well** - we all know the impact a bad night's sleep can have on our mood, stress levels and cognition function. Getting enough restorative rest and sleep is important for health and wellbeing so prioritise consistent, quality sleep to recharge your body and mind.

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Something on your mind?

If you require counselling, coaching or support, our clinicians are here to help.
Call, chat or request an appointment online.

Looking for more resources?

Register for Wellbeing Gateway. Your mental health and wellbeing companion.

We're here when you need us | AU 1800 808 374
| NZ 0800 808 374

assureprograms.com.au