YOUR MENTAL HEALTH IS IMPORTANT!

Being healthy does not just mean looking after our physical health; it is just as important to take care of our mind, especially during times like the current. Here are some simple changes you can make to take better care of your mental health and **wellbeing**:

Mental Health	+	Physical Health	+	Social Wellbeing	=	Wellbeing

- Maintain a balanced diet
- Call your family and friends
- Get eight hours of sleep
- Maintain a positive attitude
- Develop new skills
- Make time for activities that you enjoy
- Work productively

- Take regular breaks
- Talk about your feelings with someone you trust
- Perform breathing exercises to de-stress
- Have personal acceptance
- Recognise the early signs of mental health conditions & seek advice from your doctor
- Learn to cope with stress and manage it
- Maintain positive relationships with others

If you need to speak to a mental health professional for any kind of support, please call the National Helpline at 16000