

What does it mean to be mentally healthy?

It means that most of the time you feel good about yourself, good about what you do, and good about others. You enjoy the simple things in life, feel fairly optimistic about the future, and are interested in what's going on in the world.

Being mentally healthy also means you are able to cope with the normal problems and tragedies that occur in life—usually with a little help from friends or relatives when things get really tough. Good friends make the good times better and the bad times tolerable.

In this day and age when there is much to feel depressed about, it is more important than ever to do things to keep ourselves mentally healthy so we can enjoy life and cope with the demands and pressures of everyday living.

Most of the things we do to keep physically healthy are also good for our mental health like being physically active, eating a healthy diet, avoiding drugs and using alcohol in moderation.

But we can do much more for our mental health—and it's as easy as A-B-C

Act: keep mentally, physically and socially active: take a walk, say g'day, read a book, do a crossword, dance, play cards, stop for a chat ...

Belong: join a book club, take a cooking class, be more involved in groups you are already a member of, go along to community events ...

Commit: take up a cause, help a neighbour, learn something new, set yourself a challenge, help out at the school or meals on wheels ...

Being active, having a sense of belonging, and having a purpose in life all contribute to good mental health.

If you want to know more, visit
www.actbelongcommit.org.au
or Contact: Amberlee Laws
Phone: 08 9266 1709
Email: a.laws@curtin.edu.au

