

The Toodyay Herald, December 2005, Page 29

THE TOODYAY HERALD December 2005 Page 29.

Act, Belong & Commit for your Mental Health in 2006

Thinking about your new year's resolutions for 2006?

There is the usual ambition to go on a diet or give up smoking, but how about becoming more mentally healthy?

Local Project Officer of the Act-Belong-Commit campaign, Amberlee Laws says everybody knows what to do to stay physically healthy, but we all seem to forget about our mental health.

"Simply being active by taking regular walks, doing a crossword puzzle or attending a social gathering is one way to improve our mental health" says Amberlee.

Belonging to community groups also has a strong impact on our health and wellbeing. Amberlee recommends joining a walking group or book club.

It is well known volunteering to help others can provide a great sense of achievement. Helping out at the school canteen, local footy club or through Rotary not only makes a stronger community, but is a great way to make you feel good about yourself.

So as 2006 becomes nearer, think about becoming more active, connect with the community through belonging to a group, or if you can, give something back to the community by volunteering.

Let's all try and make a healthier, happier community.