



## WHAT YOU CAN DO TO KEEP MENTALLY HEALTHY



*Keeping mentally healthy is just as important as staying physically healthy and it's as easy as A-B-C: Act-Belong-Commit.*

**ACT:** Keep physically, socially and mentally active. Take a walk ride a bike, read a book, dance, do a crossword puzzle; stop for a chat. Being active helps cope with stress, builds friendships and lifts spirits. Make a list of things you really like to do. Make a plan to spend time doing these things. Do more things you enjoy.

**BELONG:** Join a book club, a sporting team or a cooking class, Be more involved in community groups or a volunteer organizations. Learn and use other people's names, Hang out with people who share your values and interests. Belonging helps build friendships, creates opportunities, strengthen communities and feels good. Think about spending more time with friends and family; attend community, club or church activities. Just keep showing up. After seven appearances you will be considered a 'regular'.

**COMMIT:** Take up a cause or help others in your community. Set some goals for yourself. Be a volunteer or a coach or a mentor. Support your community clubs and groups. Volunteer for office. Try something challenging: learn something new. Help others. Commitment creates opportunities for you and others, it creates a sense of belonging and it feels good. Commitment gives meaning to life.

Being active, having a sense of belonging and having a purpose in life all contribute to happiness and good mental health. **Act-Belong-Commit.**

If you are not sure where to get involved in your community, contact the community development office for your local council and ask what projects are being planned this year. You can also find more ideas by viewing our adverts and published media on the website [www.actbelongcommit.org.au](http://www.actbelongcommit.org.au) and click on 'resources'.



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