

# 如何保持心理健康：

## 行动

### 付诸实施。

保持活力——积极参与精神、身体、社交、信仰，以及文化等方面的活动。去散散步，跟别人打个招呼，看看书，静坐冥想或祈祷等等。

## 归属感

### 与他人一起活动。

保持联系——与朋友、家人、社区和你的文化保持联系。加入读书俱乐部，参加运动队，与家人和朋友一起烹饪，参加社区活动等。

## 全心投入

### 做一些有意义的事情。

做一些对你来说有意义、重要且有价值的事情。积极做义工，学习新事物，迎接挑战，投入一项有意义的事业，帮助邻居等。

[actbelongcommit.org.au](http://actbelongcommit.org.au)

[info@actbelongcommit.org.au](mailto:info@actbelongcommit.org.au)

(08) 9266 1705



Mentally Healthy WA

# How to keep mentally healthy:

## Act

### Do something.

Keep active – mentally, physically, socially, spiritually and culturally. Go for a walk, say hello to someone, read a book, meditate or pray.

## Belong

### Do something with someone.

Keep connected – to friends, family, community and your culture. Join a book club, join a sports team, cook with family and friends, go to community events.

## Commit

### Do something meaningful.

Do something meaningful, important and valuable to you. Volunteer, learn something new, take on a challenge, take up a cause, help a neighbour.

[actbelongcommit.org.au](http://actbelongcommit.org.au)  
[info@actbelongcommit.org.au](mailto:info@actbelongcommit.org.au)  
(08) 9266 1705



Mentally Healthy WA