

# 如何保持心理 健康：

## 行動

### 付諸實施。

保持活力——積極參與精神、身體、社交、信仰，以及文化等方面的活動。去散散步，跟別人打個招呼，看看書，靜坐冥想或祈禱等等。

## 歸屬感

### 與他人一起活動。

保持聯絡——與朋友、家人、社區和你的文化保持聯絡。加入讀書俱樂部，參加運動隊，與家人和朋友一起烹飪，參加社區活動等。

## 全心投入

### 做一些有意義的事情。

做一些對你來說有意義、重要且有價值的事情。積極做義工，學習新事物，迎接挑戰，投入一項有意義的事業，幫助鄰居等。

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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.

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