

We can all do things to improve our mental health

Primary School

Most people think a lot about the sorts of things they can do to keep physically healthy, like eating healthy foods and keeping fit, but it's also important to do things to keep mentally healthy.

Being active, having good friends and having hobbies and interests make us feel good, which helps us cope with problems and worries.

“Did you know that keeping active can help you worry less?”



“Doing something nice for others makes us feel good!”



act

Stay physically, socially, spiritually and mentally active. Walk or ride to school, play outside with some friends, read a book or complete a puzzle!

belong

Belonging to a club is not only fun, it's good for you! Join a netball club or footy team, join a band or get involved in community events.

commit

Learn to play a musical instrument, offer to help a younger sibling with their homework or sign-up for a fun-run. Committing means putting a little more effort into things you do.

For more ideas on how to live an active lifestyle and keep mentally healthy visit the following websites:

Act-Belong-Commit
actbelongcommit.org.au

Find out how you can Act-Belong-Commit to be more mentally healthy. Use the 'Activity Finder' to find local activities, events and clubs.

Department of Sport and Recreation
dsr.wa.gov.au

Use the 'find a club' tool to find local sports clubs to join.

Nature Play WA
natureplaywa.org.au

Ideas on how to get more involved in outdoor activities.



Mentally Healthy WA

actbelongcommit.org.au

Originally developed with



Department of
Sport and Recreation



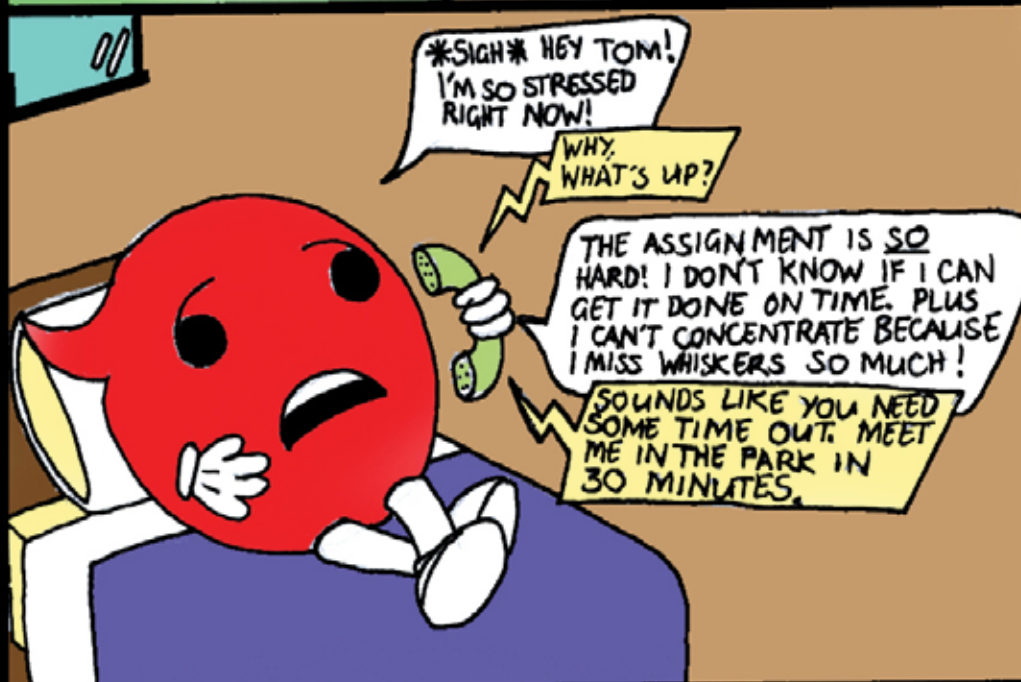
GOODBYE WHISKERS,
I'LL MISS YOU!



AHH! THIS
ASSIGNMENT IS
SO **HARD!**



GAHH! I'M SO STRESSED!
I WILL NEVER GET MY
WORK DONE! I CAN'T
STAND THIS FEELING!



SIGH HEY TOM!
I'M SO STRESSED
RIGHT NOW!

WHY,
WHAT'S UP?

THE ASSIGNMENT IS SO
HARD! I DON'T KNOW IF I CAN
GET IT DONE ON TIME. PLUS
I CAN'T CONCENTRATE BECAUSE
I MISS WHISKERS SO MUCH!

SOUNDS LIKE YOU NEED
SOME TIME OUT. MEET
ME IN THE PARK IN
30 MINUTES.



SO MIN. LATER...

WHO'S ALL THE
PEOPLE TOM'S
WITH?



WELCOME TO OUR GROUP WALK!
THIS IS MIKE...

AND THIS IS
SANDY!

HEY!

HI!

WE TALK ABOUT WHAT'S
ON OUR MINDS WHILST
WE GO WALKING. IT'S
MEDICINE FOR THE MIND!

WHAT'S ON
YOUR MIND?

THAT
SOUNDS FUN!

WELL, IT'S
MY CAT AND
THE SCHOOL
STUFF...



WOW! THAT WALK WAS SO REFRESHING!
AND I GOT A LOT OFF MY CHEST. MY MIND
FEELS SO CLEAR NOW AND THIS ASSIGNMENT
IS MAKING SENSE! I FEEL BETTER ALREADY!

THE END!

act
belong
commit

Mentally Healthy WA

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