

# Act Belong Commit

Being active, finding a sense of belonging and having a purpose in life all contribute to good mental health and wellbeing. Whatever activities you enjoy – get involved!



Act Belong Commit ambassador Angela Tsun from 7NEWS shares how she stays mentally healthy:

"I keep mentally healthy by putting my phone down and getting outdoors – fresh air and sunshine is good for the soul. Being physically active helps too, as well as being grateful for all the good things in my life. **Act Belong Commit** today."



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