

# Being mentally healthy feels good.

**act**

Do something to keep active mentally, physically, socially, spiritually, culturally...

- Go for a walk with a good friend, or furry friend
- Stop and have a chat with your neighbours
- Read a book you enjoy
- Do a crossword, puzzle, or play a card game
- Dance to your favourite tune

**belong**

Do something with someone

- Join a social club – sporting, arts or book club
- Go along to a community event or markets
- Have a BBQ or get cooking with your family/friends
- Keep connected with your community and your culture

**commit**

Do something meaningful

- Do something for the environment: recycle, plant native shrubs, make your home more energy efficient
- Set yourself a challenge to learn something new
- Do a kindness for a neighbour/friend
- Volunteer with a cause, sporting club, at work, or in your school community

Being active, having a sense of belonging and having a purpose in life all contribute to good mental health and wellbeing.

For hundreds of ideas of how you can Act Belong Commit, visit [actbelongcommit.org.au](http://actbelongcommit.org.au) today.



Mentally Healthy WA