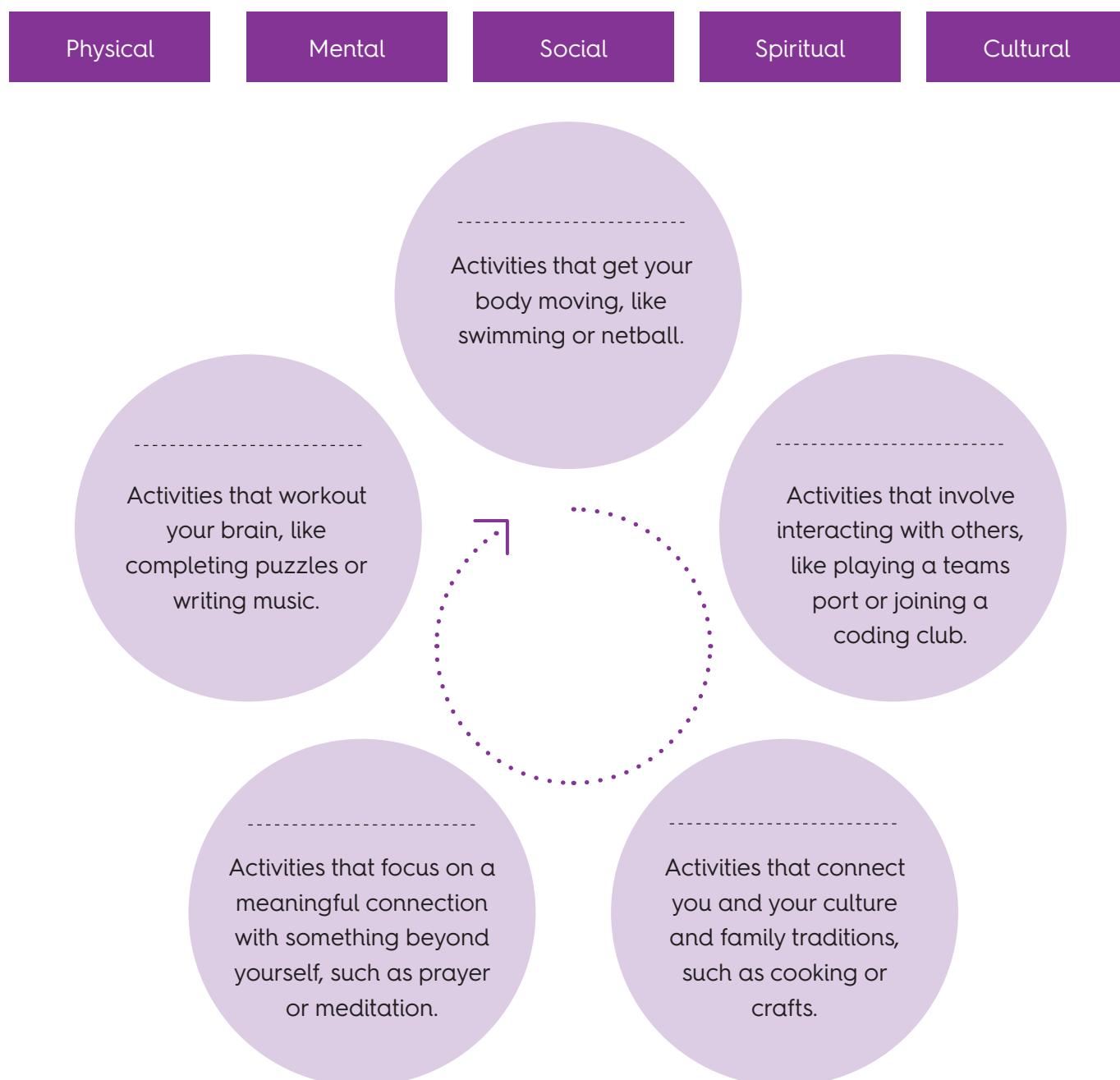


Take Action

There are many ways to be active – physically, mentally, socially, spiritually and culturally. Lots of activities you enjoy will fit into more than one activity category. For example, someone who participates in a church choir is being mentally, socially, spiritually and culturally active – all at the same time!

Write each heading into the correct space in the image.



There are lots of things we can do for our mental health and wellbeing.

Find out more at actbelongcommit.org.au

Take Action (continued)



Match the activity with the correct category.

Do a puzzle

Call a friend

Cook a traditional family meal

Go for a walk

Listen to a guided meditation

Physically Active

Mentally Active

Socially Active

Spiritually Active

Culturally Active

Fill in the below table with activities you currently do for each category and a suggestion for something you can try.

Active	What do you do?	What will you do
Mentally		
Physically		
Socially		
Spiritually		
Culturally		

Remember, different types of activities work for different people – you don't have to tick the box on all the ways to be active as long as you are doing something.

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