

Be Active, Get Connected, Stay Involved

Mental Health Week - 4th – 10th October 2009

One in five Australians will experience a mental illness. Mental Health Week is an annual event aimed to raise awareness of the importance of mental health and wellbeing in the wider community, to increase community awareness and education about mental health issues and to encourage participation in life enhancing lifestyles.

Mental health is a state of wellbeing, not just the absence of illness. It is the ability to maintain relationships, cope with stress, contribute to the community and enjoy life. Unfortunately not everybody experiences good mental health all of the time. Good mental health helps us to more fully enjoy life. We are able to respond better to the stresses and challenges of daily life; be more creative, use our abilities to the fullest and make the most of opportunities. We can all do things to improve and promote our own mental wellbeing, and that of others.

Be active

Be active in looking after your mental health -staying healthy means looking after yourself physically, mentally, emotionally and spiritually. By giving a little attention to these areas each day you can help yourself to stay well and strong.

Be physically active– regular physical activity improves psychological wellbeing and can reduce depression and anxiety.

Be active in getting help– understand and manage our feelings, and get help if needed.

Be active, get the facts- Acting early can prevent things getting worse.

Be active, break down stigma-Take up the challenge.

Get connected

Get connected to your community– Participate, you'll feel great.

Get connected with nature

Get connected to yourself– take some time out to do what’s important to you.

Get connected with others– make time for family and friends.

Stay involved

Stay involved-having a sense of belonging, and a purpose in life all contributes to happiness and good mental health.

Stay involved, volunteer-doing good deeds adds meaning to our lives and helps our self-esteem.

Stay involved, commit to treating yourself well –have balance in your life - schedule "me time".

Stay involvedwith your community– take up a cause, help in a working bee.

(Source: www.health.qld.gov.au/mentalhealth/news/mhwweek.asp)

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