



My **Act-Belong-Commit** pledges:



[actbelongcommit.org.au](http://actbelongcommit.org.au)



**Being active**—physically, socially, mentally and spiritually are the basic building blocks for good mental health. Take a walk, read a book, do a crossword, dance, play cards, stop for a chat...



**Feeling part of something**—even something like a football crowd or rock concert audience—gives us a sense of belonging. Join a book club, take a cooking class, go along to community events...



**Making a deeper commitment** to your interests, helping others and taking on challenges will give you a sense of achievement and meaning and purpose in life. Help a neighbour, learn a new skill, challenge yourself and commit more to a group you're already involved in...

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



Government of **Western Australia**  
**Mental Health Commission**



Curtin University