



feeling blue? act green!

Contact with nature – whether through parks, natural bush, pets or farm animals – helps us recover from stress and mental fatigue, helps us relax and puts us in a good frame of mind.

So, next time you are feeling like a lift, 'act green': do some gardening, take a walk around the park or head down to the water for some time out.

Better still, don't wait until you're tired or feeling flat. Act green more often – get a group together for a picnic in a natural setting, join a hiking group, join a tree planting group, take up an offer to take a home-bound person out to a park.

what does it mean to be mentally healthy?

It means that most of the time you feel good about yourself, good about what you do, and good about others. You enjoy the simple things in life, feel fairly optimistic about the future, and are interested in what's going on in the world.

Most of the things we do to keep physically healthy are good for our mental health like being physically active, eating a healthy diet, drinking alcohol in moderation and avoiding illicit drugs.

act

Keep mentally, physically and socially active: take a walk, say g'day, read a book, do a crossword, dance, play cards, stop for a chat...

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Join a book club, take a cooking class, be more involved in groups you are already a member of, go along to community events...

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Take up a cause, help a neighbour, learn something new, set yourself a challenge, help out at the school or meals on wheels...

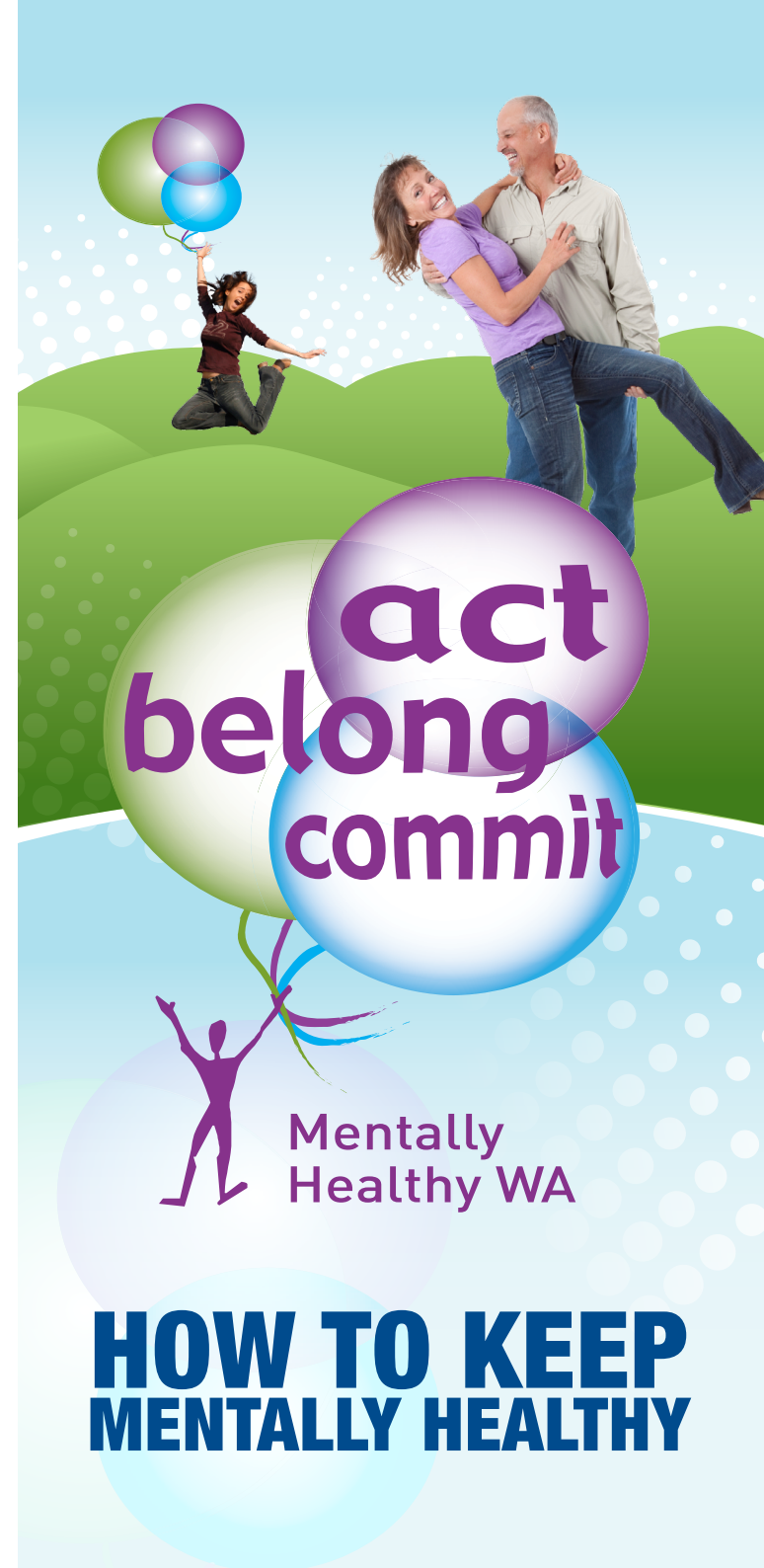
Being active, having a sense of belonging, and having a purpose in life all contribute to happiness and good mental health.

To get involved:

To contact Mentally Healthy WA:
Ph: 08 9266 4648 or visit the website for further contact details actbelongcommit.org.au



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**HOW TO KEEP
MENTALLY HEALTHY**

act

my nana was a health expert...

"use it or lose it" she used to say.

And according to the health experts she was right. Be physically active, she said. Take a walk, dance a little, dig the garden. Keep mentally active, she said. Do a puzzle, read a book, knit a scarf. Keep socially active, she said. Say hello to your neighbours. Have a chat down the shops.

Health experts now tell us that keeping physically, mentally and socially active is how we keep mentally healthy.



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aunt sally also knew a thing or two about health...

"Tis better to give than receive she used to say"

To us kids, receiving was much better than giving! But now I know what she meant.

All volunteers will tell you the same thing. Giving your time and energy for a good cause makes you feel really good about yourself.

Health experts say that doing good deeds adds meaning to our lives and helps our self-esteem – all of which are good for our mental health and feeling content with who we are.



belong

grandad was the great participator...

He was a member of lots of groups: his fishing buddies, a book club and the local footy club to name a few.

Grandad said being part of a group gave him a real sense of belonging. Health experts say belonging helps define our sense of identity and satisfies our psychological need for friendship, making us mentally healthy.

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