

## TOP 10 TIPS TO MAINTAIN MENTAL WELLBEING

### 1. Sleep well

Lack of sleep can cause stress, moodiness, physical exhaustion and other health issues. Most people need an average of eight hours sleep to function at their best. Try going to bed when you're tired, drinking a glass of warm milk and turning off the TV/smart phones at least 30 minutes before you go to bed.

### 2. Enjoying healthy food

Good nutrition can be just as important for your mental health as it is for your physical health. Try to eat regular, well-balanced meals and maintain adequate fluid intake to ensure you feel good. Search the web for healthy recipes or ask your GP or dietitian for advice on what foods you should be eating.

### 3. Planning and prioritising

Focusing on one thing at a time, keeping calm and planning ahead can improve your skills to cope with life's pressures. You also may find it helpful to write things down. Prepare a checklist of issues to consider and work through during rough patches. You could list and set priorities, action steps and reminders. Before you start to feel overwhelmed, try sitting down and planning your day, week or month. Celebrate your progress when you finish a task by crossing it off your list. Remember, always set realistic, achievable goals.

### 4. Tuning in

Where safety risks won't be created, listening to music while you work or study can help you relax and even increase your creativity, productivity and focus. The right type of music can be calming and relaxing and can reduce stress levels. If you love music, why not give it a try?

### 5. Cutting down

The amount of alcohol, cigarettes and other drugs you consume can have a negative impact on your mental wellbeing. Try cutting back on your intake and set yourself realistic goals. If you want to quit, find support to help you do it effectively and for good. Walk outside, stretching, sitting quietly for a moment, or reading a book.

### Employee Assistance Program (EAP)

Professional, confidential, and free counselling services for Programmed employees and family members

- Programmed employees and their families are eligible to use the services of Coverage International (AUS) or Vitae (NZ) at no charge.
- **24 hours per day, 7 days per week**  
Australia **1300 687 327**  
New Zealand **0800 666 367**

The EAP can provide help with work-life balance issues, traumatic events, family, parenting and relationship issues, grief and loss, managing conflict, and personal issues such as anxiety, depression or anger.

# Mental health and wellbeing



## 6. Switching off

Try not to become too focused on electronic entertainment such as TV, DVDs, games, mobiles, tablets and other devices. Consider turning them off even for 5 or 10 minutes a day. Take time out from the constant buzz of the digital world by taking a walk outside, stretching, sitting quietly for a moment, or reading a book.

## 7. Engaging with others

Make the time to connect with people who make you feel good. People who surround themselves with other people are happier, more productive and get more out of life. Ensure you make time to see your family and friends in person, not just online.

## 8. Joining in

Join a club, group, society, union, collective, gym or whatever you're interested in. Getting involved in your community and building strong social connections is an important part of maintaining good mental health and it's fun too!

## 9. Exercising your mind

Exercise makes you feel better. Even moderate levels of exercise, as little as 10 to 15 minutes a day, can improve your mental health. Many of us don't get enough exercise and spend more than three hours each day sitting during our leisure time. So come on, get moving! Walk your dog, do a few laps around the block or take a gym class. Even moderate activity levels can help improve your outlook.

## 10. Seeking advice and support

If you feel things are getting too much and you aren't coping, talk to someone. See your GP, visit [www.lifeline.org.au](http://www.lifeline.org.au) or call **Lifeline Australia on 131114**, or **Lifeline NZ on 0800 726 666** [www.lifeline.org.nz](http://www.lifeline.org.nz) call the **Suicide Call Back Service AUS on 1300 659 467**.

Reach out to others, ask them if they're OK if you feel you can provide support.



## Help is never far away

### Support services for Australia.

- Lifeline Australia: 13 11 14
- Suicide Call Back Service: 1300 659 467
- Kids Helpline: 1800 551 800
- Gambling Helpline: 1800 858 858
- Relationships Australia: 1300 364 277
- SANE Australia Helpline: 1800 187 263
- beyondblue Info Line: 1300 224 636
- Mensline Australia: 1300 789 978
- Black Dog Institute: 02 9382 2991
- Reach Out!: [www.reachout.com](http://www.reachout.com)
- Parentline: [www.parentline.org.au](http://www.parentline.org.au)
- Headspace: [www.headspace.org.au](http://www.headspace.org.au)

Visit Lifeline Online Crisis Support Chat service:  
[www.lifeline.org.au](http://www.lifeline.org.au)

Or visit [www.eheadspace.org.au](http://www.eheadspace.org.au) for a confidential, free, anonymous, secure space where you can chat with qualified mental health professionals.

### Support services for New Zealand

- Lifeline 0800 543 354
- Alcohol drug helpline 0800 787 797
- Gambling helpline 0800 654 655
- The Depression helpline 0800 111 757

Further resources for NZ can be found visit

<https://www.health.govt.nz/>