

# 8 Ways to Support Your Mental Wellbeing

Choose one to do each day or do them all every day – it's up to you.



## Feel your feelings

- Talk to yourself about it in a kind, supportive way, or share with a trusted friend or a mental health professional.
- Express your emotions through the arts, such as journalling, painting, drawing or composing.
- Work it out mindfully by meditating, practicing yoga, dribbling a ball or shooting baskets/kicking goals.



## Try something new

- Train for a marathon.
- Learn how to scuba dive.
- Learn a new language or how to play an instrument.



## Take time to relax

- Do something that makes you laugh.
- Learn and practise a deep breathing exercise or progressive muscle relaxation.
- Lie down and close your eyes for 5 minutes.



## Practise mindfulness

- Show gratitude by thanking people when they help you.
- Reflect daily about the good things in your life.
- Do at least three acts of kindness each day.



## Get (and keep to) a hobby

- Join a fantasy football league or sports team.
- Mentor or coach children.
- Take up a musical instrument, woodworking, cooking or gardening.



## Take care of yourself

- Set a schedule to get 7-9 hours of sleep most nights.
- Make balanced, nutritious meals and snacks, and move your body regularly.
- Get recommended health check-ups and preventive care.



## Spend time outdoors

- Go hiking, rock climbing (within your limits), camping or snorkelling.
- Pick up rubbish at a local park or street.
- Volunteer to walk dogs, such as at a local shelter or for your neighbour(s).



## Be kind to yourself

- Learn from mistakes and failures, then let them go.
- Spend time with positive people who make you feel good about yourself.
- Treat yourself with respect and understanding just as you would a good friend.