

Mental Health Awareness



Are you looking after your mental health? Your health is about more than eating a healthy diet and exercising regularly. It's also about managing your stress, building resilience, and managing anxiety and depression. So what do you need to know about your mental health?

Anxiety and depression

It's normal to feel anxious or a little sad sometimes, but when anxiety becomes constant and sadness becomes depression, it's important to get help. Anxiety and depression can be very damaging to your quality of life but they can also be treated with a doctor's help.

Change and resilience

Change is as inevitable as the changing of the seasons. Many things in your life will change over time: your job, your family, your weight, your happiness, your house, even your city. But resilient people are better able to deal with these changes and make the best of them.

Stress

Stress can be good in small doses. But lots of stress is bad for you. Learn to manage your stress with some fun stress-reducing activities. One of these a day keeps the stress at bay.

- **Rock out!** Jump around to your favourite

music until you're too tired to go on.

- **Splash around!** Find a pool, a lake, a dam, a puddle and splash around.
- **Get dirty!** Get into the garden and mow the lawn, plant flowers, or pull up weeds.
- **Mix it up!** Head into your kitchen to make something delicious.
- **Chill out!** Make yourself a fort with your favourite books, games, or movies.
- **Party!** Get some friends to take you out on the town.
- **Laugh out loud!** Watch a comedy show, a funny movie, or visit a funny friend.
- **Work out!** Head out on the road or to the gym to sweat out the stress.
- **Breathe deeply!** Practise yoga, meditation, or Pilates to stretch out that stress.
- **Fantasise!** Indulge in a day dream, read a book, or play pretend.
- **Make something!** Find a hobby and practise it every day.

Make practising good mental health a part of your daily routine and remember that if you aren't coping with stress, depression, or any other mental illness, your doctor can help.