

HEALTHY MIND, HEALTHY HEART



Relationships

Laughter and joy with family and friends



Connecting

With local community groups, religious bodies, support groups



Time

Make regular time for social connections



Be Positive

Be Positive, look for the goodness in all



Hobbies

Find new hobbies and interests



Work

Work that you find enjoyable



Self-care

Tik Tok, Selfie or just take time out for self-care. It is fuel for self!



Sleep

Good sleeps, at least 7-9 hours



Compassion

Be compassionate to yourself!



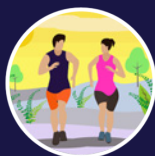
Be You

Involve in activities and local organisations you like



Forgive

Learn self forgiveness - no one is perfect



Exercise

Do regular physical activity



Nutrition

Eat wholesome, nutritious foods



Reach out

It is OK to reach out to someone or anonymous helplines (see Help)



Device free

Enable device free time



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Activities

Organise family fun picnics