

## Next Steps after Wellness Week: Building Better and Sustainable Mental Health Practices

### Plan and prepare

- Decide what you want to achieve academically, professionally and personally, and write down the steps you need to realize your goals. You'll enjoy a tremendous sense of accomplishment and self-worth as you progress toward your goal.
- Stress takes a heavy toll on mental and emotional health, so it's important to keep it under control. While not all stressors can be avoided, stress management strategies can help you bring things back into balance. Skipping on sleep, exercise and a healthy diet here and there can take a toll on your mood, energy, mental sharpness, and ability to handle stress.

### Take everyday action

- Although our routines make us more efficient and enhance our feelings of security and safety, a little change of pace can perk up a tedious schedule. Alter your jogging route, plan a road-trip, take a walk in a different park, hang some new pictures or try a new restaurant.
- Keep doing the stuff you love to do and the things that are important to you. It can help keep the fun in your life, give you a sense of accomplishment and purpose, boost your confidence and help to connect with others.

### Stay in touch

- People with strong family or social connections are generally healthier than those who lack a support network. Make plans with supportive family members and friends, or seek out activities where you can meet new people, such as a club, class or support group.

### Take care of your emotional health

- Seeking help is a sign of strength — not a weakness. And it is important to remember that treatment is effective. People who get appropriate care can recover from mental illness and addiction and lead full, rewarding lives.
- If you are struggling to feel happy, cope with everyday life, find meaning or feel connected to others, see your doctor or a mental health professional. Almost half of Australians will experience a mental disorder at some time in their life — depression, anxiety and substance abuse are the most common disorders.

***Which of these items are easiest for you to implement? Take out your phone and enter them into your calendar as nudges to getting started!***