

Six simple steps to better mental health

Taking time to remember the simple things that give you joy such as spending time with family or friends is a great starting point for improving mental health.

This week during Queensland Mental Health Week (6-14 October) health organisations are urging people to take six simple steps to improve their mental health and wellbeing.

Central Queensland, Wide Bay, Sunshine Coast Primary Health Network (PHN) Senior Manager Michelle McAllister said the week provided a great opportunity to reflect on the value of maintaining good mental health.

“Looking after your mental health is something that we should all value.

“What we do each day improves our moods, reduces the risk of depression, strengthens relationships and keeps us healthy.”

This year’s theme is to value mental health, using six simple steps to achieve better mental wellbeing.

“Being active and embracing new opportunities are also some of the steps you can take to improve your wellbeing and reduce your risk of developing a mental health condition,” Ms McAllister said.

“Regardless of your situation you can use the six steps in the Wheel of Wellbeing to identify opportunities to improve your mental health.”

Ms McAllister said it was important to break down the stigma associated with mental health issues as the data showed one in five Australians would experience a period of mental ill health.

“A period of mental ill health can affect anyone at any time. It could be you or your loved ones.

“We don’t judge someone for catching the flu and we shouldn’t judge people who are having a tough time or are struggling with their mental health.

“We all have a part to play in tackling the stigma associated with mental ill health,” Ms McAllister said.

The Wheel of Wellbeing offers six steps to improve your mental wellbeing. These are:

1. Be active – do what you can, enjoy what you do, get moving and improve your mood
2. Keep learning – embrace new experiences, recognise opportunities, surprise yourself
3. Connect – talk, listen, be there
4. Give – your time, your words, your presence
5. Take notice – remember the simple things that give you joy
6. Care for our planet – it’s the home we all share

***** ENDS *****

Media contact

Matt Norman – Central Queensland, Wide Bay, Sunshine Coast Primary Health Network

0434 849 878 | mnorman@ourphn.org.au