

Top 10 tips to maintain your mental health



Plan and prioritise

Focus on one thing at a time, keep calm and plan ahead. Set priorities, action steps and reminders. Celebrate your progress.



Sleep well

Lack of sleep can cause stress and exhaustion. We need an average eight hours sleep to function best. Turn off the TV at least 30 minutes before bed.



Eat healthy food

Good nutrition is important for your mental health. Eat nutritious, well balanced meals and drink plenty of water. Search the web for healthy recipes.



Tune in

Listening to music for leisure can help you relax and increase creativity, productivity and focus. The right type of music can be calming and reduce stress levels.



Join in

Join a club, group, society, gym or whatever you're interested in. Get involved in your community and build strong social connections.



Cut down

Set realistic goals and try cutting back on alcohol, cigarettes and other drugs. If you want to quit, find support to help you do it effectively and for good.



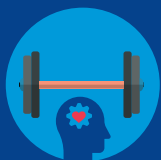
Switch off

Try not to become too focused on electronics such as TV, DVDs, games, mobiles and tablets. Turn them off even for 5 or 10 minutes a day. Take a walk outside or read a book instead.



Engage with others

Make the time to connect with people who make you happy. Ensure you make time to see your family and friends in person.



Exercise for your mind

Exercise can make you feel better and improve your outlook. Move more and sit less. Walk your dog or take a gym class.



Seek advice & support

If things are getting too much and you aren't coping, talk to someone. See your GP, call Lifeline on 13 11 14 or the Suicide Call Back Service on 1300 659 467. Reach out to others and ask them if they're OK.



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