

# October is Mental Health Awareness Month



Mental health is an important part of our overall well-being, influencing how we think, feel, and behave in our daily life. It affects our ability to handle stress, make decisions, maintain relationships, and perform daily tasks effectively. Mental illnesses are characterised by clinically significant disturbances in these areas, often causing distress or impairment in important areas of functioning.

Luckily, there are many ways to sustain good mental health and enhance your overall quality of life.

Let's take a look!

## **Stay active to boost your well-being**

Regular exercise can help you concentrate, sleep better and boost self-confidence. Your brain and vital organs will thank you and you'll feel better mentally as well.

## **Eat well to feed the brain**

Ensure you have a balanced, nutritious diet. This will benefit your physical health as well as improve your mental wellbeing.

## **Keep in contact with friends**

Stay in touch with friends, it will help you remain grounded, active, supported, and in return has a positive effect on your mental health.

## **Learn a new skill**

Improve your mental health and empower yourself by learning a new skill.

## **Reduce stress**

Take part in an activity you enjoy. This boosts self-esteem, eases stress and improves your mental health.

## **Take time out**

Take a break from work, this could be taking some annual leave or just a five-minute break. This can be the difference between feeling stressed and coping with stress.

## **Accept who you are**

We are all different, so rather than trying to be like someone else, be proud of who you are. Focus on your own strengths, abilities, and learning new skills. Accepting who you are can help boost your confidence.

## **Look outward**

Caring for someone else gives you a different perspective. Nurture your friendships or volunteer to help others. This will help you feel valued, build your self-esteem and boost your mental health.

## **Tell someone how you are feeling**

Take charge of your mental health and wellbeing by sharing your concerns. Talking to someone can help put a problem into perspective, making you feel supported and less isolated. Remember, you don't need to cope by yourself.

If you need help with improving your mental health, book an appointment with one of our mental health professionals by calling **014 590 1700**.

