Module 5: Mental Health & Wellbeing

Looking After Yourself as You Navigate Work and Life

What is Mental Health?

Mental health is about how we think, feel, and cope with daily life. Good mental health means feeling capable of managing challenges, maintaining relationships, and enjoying life. Everyone experiences ups and downs—it's normal and okay to ask for help.

Ways to Look After Your Mental Health

Physical Self-Care

• Get regular exercise (even a 20-minute walk helps)

• Eat nutritious meals regularly

• Get 8-10 hours of sleep per night

• Limit caffeine and avoid alcohol/drugs

Emotional Self-Care

• Talk to someone you trust about your feelings

• Practice relaxation (deep breathing, meditation, mindfulness)

• Keep a journal to express thoughts and feelings

• Do activities you enjoy (hobbies, music, art, sports)

Social Connection

• Spend time with supportive friends and family

• Join clubs or groups with shared interests

• Limit social media if it makes you feel worse

• Ask for help when you need it—it's a sign of strength!

24/7 Help is Available

If you're struggling or having thoughts of self-harm, please reach out immediately:

• Lifeline: 13 11 14 (24/7 crisis support and suicide prevention)

• Kids Helpline: 1800 55 1800 (Ages 5-25, free counseling 24/7)

• Beyond Blue: 1300 22 4636 (Depression and anxiety support)

• headspace: 1800 650 890 (Youth mental health, ages 12-25)

• Emergency: 000 (If you or someone is in immediate danger)

Remember

Asking for help is a sign of strength, not weakness. Mental health challenges are common, and support is available. You don't have to face difficulties alone—there are people who care and want to help you.

Useful Resources

headspace: www.headspace.org.au

Beyond Blue: www.beyondblue.org.au

ReachOut: www.au.reachout.com

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