

Healthy mind & body

Mental health is as important as physical health.

It's feeling OK, coping with everyday stress and being able to work, study and enjoy things in life.

Good mental health can help you get through life's ups and downs.



Tick (✓) the things you do now to help your mind and body health.

Something active

Do you get outside and get your body moving every day?

Sleep well

Do you get at least 8 hours sleep every day?

Eat well

Do you eat fruit and vegies and drink lots of water each day?

Relax

Do you do anything like yoga, meditation, deep breathing, listening to music or going for a walk to relax your body and mind?

Get together

Do you spend positive time with your friends and family each day?

Help someone

Helping others makes you feel good. Do you volunteer your help anywhere – maybe at school, at your youth centre, at home, with a friend?

Use positive self-talk

Positive self-talk is like having a positive voice inside your head when things get tough. When things get tough, do you say positive things to yourself to feel better?

Ask for help

Do you reach out for help when you feel down or have a problem? Do you talk to a friend, your family, a teacher, another adult you trust at school, or have you called an online chat line like Youthbeyondblue or Reachout?



1

Write two ways you keep your body healthy.



2

Write two ways you keep your mind healthy.



3

Do you need to make any changes in your life? If so, what are they?

