

Men's Mental Health Matters

8 Mental Health Tips

"Your Mental Health & Safety Is Our Priority"



YOUR BODY IS A MACHINE



Treat your body like a high performance car



GET A HOBBY

Do something you enjoy!



TALK TO SOMEONE YOU TRUST

Chat to a mate or a professional



PAY ATTENTION TO YOUR BODIES "WARNING LIGHT"

Listen to your early warning system



TAKE A MOMENT

Think.. what helps you to reset?
Have a 'me moment'



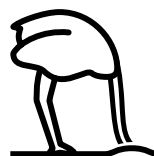
USE OF YOUR DRIVE TIME

Use this time to take a few deep breaths



RESOURCE YOURSELF

Find your 'support pit crew'



QUIT BEING AN OSTRICH

Don't ignore your stressors!!

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YOUR BODY IS A MACHINE

Putting cheap fuel in a high-performance car affects its performance, right? The same applies to your body. Eating a balanced diet keeps you healthy and boosts alertness and concentration. Physical health improvements also benefit mental health by reducing anxiety and depression.

Exercise triggers the release of "feel-good" chemicals like endorphins and serotonin, improving mood and fitness. It can also distract from negative thoughts.

Sleep is like servicing your car; it repairs and restores your brain as well as your body. During sleep, we process information, consolidate memories, and undergo maintenance crucial for daytime function.

While alcohol may seem to help relaxation and sleep, research shows otherwise. Two drinks decrease sleep quality by 25%, with more than two reducing it by 39%.



GET A HOBBY

Do something you enjoy or spend time with people whose company you enjoy. Getting out of your own way and being social will boost your mood and reduce your stress. We know we are happier when we are doing something we enjoy.



TALK TO SOMEONE YOU TRUST

If it's professional support you feel you need, there are many options available (links listed below). Sometimes chatting with a friend and having a good vent can help lower your stress level. You never know, they might even give you a spot of advice that could solve an issue or put your concern into perspective.



PAY ATTENTION TO YOUR BODIES "WARNING LIGHT"

Like a car our body has 'warning lights', that should niggle, digestive problem or back pain is your body trying to tell you something. It starts with a warning light but if you don't pay attention the body will upgrade to severe pain or disease. Listen to that early warning system.

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TAKE A MOMENT

What helps you to reset? Music, fresh air, showering, going for a drive, mowing the lawn, or even just going to the loo can help you have a 'me moment' to take a deep breath and reset.



USE YOUR DRIVE TIME

Instead of listening to nonsense on the radio, listen to some music, or perhaps a podcast or audio book, that relaxes you and makes you smile. Use the time to simply focus on your breathing. After all, our lungs are the only organ we can control and are key in communicating safety to the rest of our organs. You would be surprised what a couple of deep breaths can do



RESOURCE YOURSELF

Who can you recruit to be part of your 'support pit crew'? Who can you call when you just need to vent, who can help out with some jobs around the house? Who can you go for a walk with? Identify your support crew and you will not feel quite so isolated.



QUIT BEING AN OSTRICH

The stressors in your life are not going to go away by ignoring them, doing so is likely to be causing the majority of your physical and emotional pain. Whether it be financial, relationships or your workload, set some goals make a plan and address the stressors in your life.

USEFUL LINKS

Blogs:

[Men's Health under the spotlight](#)
[Mental Health - Taking care of your greatest asset!](#)
[A unique approach to Youth Mental Health](#)
[How Mentally Healthy is your workplace really?](#)
[Mental Health concerns - Is it the NEW pandemic?](#)
[RU really Okay?](#)

Professional Support Lines:

[Beyond Blue](#)
[MensLine Australia](#)
[Lifeline Australia](#)