- Mental health

Five ways to build personal wellbeing

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MENTAL Health Month is celebrated each year in October.



It encourages us to think about our mental health and wellbeing.
It also gives us the opportunity to understand the importance of good mental health in our everyday lives and encourages us to get help when needed.
The World Health Organisation confirms that mental health is an important part of our overall health.
Health is defined as "a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity".
This is the underlying basis for 'five ways to wellbeing' - a collective of various 'ways' that holistically help to promote, protect and restore mental health.
'Five ways to wellbeing' introduces five simple and effective ways to improve your psychological and emotional health: connect, be active, keep leaning, be aware and help others.
Here are some really simple ideas on how you can do this today:
1. You can connect by developing close relationships and socialising with friends, family and others.
You can also broaden your social networks within the wider community by attending local events or joining community groups.
2. Being active can help your mind and body continue to work well longer.
It doesn't have to be hard or costly.
You can ask a friend or your partner to go for a walk or consider joining a community group program, such as Tai Chi.
3. Learning new things can be fun, boost your self-confidence, improve your thinking skills and your ability to cope with stress.
You can learn to cook a new meal and enjoy it with friends or family.
4. Being aware means you take time to pay attention to our thoughts and feelings.
It also means you are aware of your surroundings and are 'in the moment'.
Doing this can positively change the way you feel about life and how you approach life's challenges
5. Helping others releases endorphins in the brain and boosts happiness for you as well as the people you help.
It can be as simple as a smile, saying "thank you" or holding a door open for someone.
You can also volunteer in your community.
Follow Gateway Health's socials for some more recommendations and programs we offer to support the five ways to wellbeing each week during October.
Gateway Health offers professional and confidential counselling and mental health services provided in safe, supportive and non-threatening environments.
If you would like more information about these services, freecall 1800 657 573 or email info@gatewayhealth.org.au.