

Looking after Number 1 - You!

Why is looking after your Mental Health Important?

In a nutshell, it's because you are important.

Imagine a car that isn't maintained. It might run out of fuel on the highway or get covered in rust.

Imagine a home that isn't looked after. It might get termites and rot.

Imagine a broken bone that wasn't healed by a doctor. It might develop arthritis and lead to lifelong pain.

Important things need looking after, and your mental health is no different.

What happens when you don't look after yourself?

When you don't look after your mental health, you are at a much higher risk of suffering from burnout, stress or even developing a mental illness. This can affect everything in your daily life, from your relationships, to your work to the way you feel about yourself.

What can I do to take care of myself

Do whatever works for you to relieve your stress or tension. The following are some examples of ideas to try:

- Reconnect with family or friends
- Practise relaxation exercises or book in for a massage
- Physical activity, such as exercise at the gym or going for a walk
- Make time to do things you enjoy, like going to the movies or reading a book
- Be aware of your personal standards, and acknowledge when you may be asking too much of yourself or being too self-critical
- See if your work has an Employee Assistance Program and what services they might be able to offer you

It's important to acknowledge when you might be struggling, and actively seek additional support if you need to.

Taking care of your mental health is just as important as your physical health. Prevention is always better than a cure.

Browse the range of online wellbeing programs and professionals to improve your wellbeing and mental health at: www.mindstar.com.au