



Top 10 tips to maintain your mental health



Plan and prioritise

Focus on one thing at a time, keep calm and plan ahead. Set priorities, action steps and reminders. Celebrate your progress.



Sleep well

Lack of sleep can cause stress and exhaustion. We need an average eight hours sleep to function best. Turn off the TV at least 30 minutes before bed.



Eat healthy food

Good nutrition is important for your mental health. Eat nutritious, well balanced meals and drink plenty of water. Search the web for healthy recipes.



Tune in

Listening to music for leisure can help you relax and increase creativity, productivity and focus. The right type of music can be calming and reduce stress levels.



Join in

Join a club, group, society, gym or whatever you're interested in. Get involved in your community and build strong social connections.



Cut down

Set realistic goals and try cutting back on alcohol, cigarettes and other drugs. If you want to quit, find support to help you do it effectively and for good.



Switch off

Try not to become too focused on electronics such as TV, DVDs, games, mobiles and tablets. Turn them off even for 5 or 10 minutes a day. Take a walk outside or read a book instead.



Engage with others

Make the time to connect with people who make you happy. Ensure you make time to see your family and friends in person.



Exercise for your mind

Exercise can make you feel better and improve your outlook. Move more and sit less. Walk your dog or take a gym class.



Seek advice & support

If things are getting too much and you aren't coping, talk to someone. See your GP, call Lifeline on 13 11 14 or the Suicide Call Back Service on 1300 659 467. Reach out to others and ask them if they're OK.



Government of South Australia

SafeWork SA

Where to go for support

SafeWork SA

information > advice > support

SafeWork SA

Our work health and safety advisors can provide you with free information, advice and support tailored to the work you do.

☎ 1300 365 255 ✉ help.safework@sa.gov.au
🖱 safework.sa.gov.au 🐦 @safeworksa 📘 safeworksa



ReturnToWorkSA

ReturnToWorkSA provides free information and advice to help you to create a mentally healthy workplace. Visit rtwsa.com or phone 13 18 55.



Heads Up

Free workplace resources are available for small business owners, managers, employees and employers. headsup.org.au



NCETA

The National Centre for Education and Training on Addiction (NCETA) offers advice, training, and consultancy to assist workplaces manage alcohol and other drug related risk to safety and worker wellbeing. For more information see nceta.flinders.edu.au or contact us on (08) 8201 7535 or nceta@flinders.edu.au



Quitline

Thinking of quitting smoking? Quitline support can double your chances of quitting and provide support to make your workplace smoke-free.

10,000 Steps

The goal of the 10,000 Steps program is to help make movement a part of everyday life. The 10,000 Steps website allows groups of people to participate in a virtual walking Tournament within a workplace and there is support and resources available to workplaces, individuals and communities. 10000steps.org.au



Alcohol and Drug Information Service (ADIS) 1300 13 1340

Confidential telephone counselling and information service.

8:30 am to 10 pm everyday.



beyondblue Support Service



Talk it through with us, we'll point you in the right direction. Call 1300 22 4636 24 hours a day 7 days a week. beyondblue.org.au/getsupport

The Australian Government guidelines for eating well are freely available. eatforhealth.gov.au/eating-well