



October is Mental Health Month So Let's Talk

*Mental health is more than just how we feel, it is shaped by many factors.
Looking after these areas can help support overall wellbeing.*



Make mental
health part of the
conversation

Contributors to mental health

- ▷ Digital Wellbeing
- ▷ Relationships & Connection
- ▷ Sleep & Rest
- ▷ Physical Activity & Movement
- ▷ Time Outdoors & Nature
- ▷ Financial Wellbeing
- ▷ Nutrition & Healthy Eating
- ▷ Support & Seeking Help

Mental health isn't determined by one thing. It's the combination of our habits, relationships, environment, work, and life experiences that contribute to overall wellbeing.

Not sure where to start? Choose an area that feels most relevant to you and focus on one small, achievable step this week.

So what can I do to look after my mental health?

-  Take breaks from technology and social media
-  Stay connected with family, friends, and colleagues
-  Get enough sleep and allow time to rest and recharge
-  Move your body regularly, even if it's just a short walk
-  Spend time outdoors and in natural environments
-  Check in on your financial wellbeing and seek support early if needed
-  Fuel your body with regular, balanced meals
-  Reach out to your EAP or other support services when needed

Your EAP is always available for support. Call **1800 30 30 90**
email appt@bsspsych.com.au or webchat at [bsspsych.com.au](https://www.bsspsych.com.au)