



Staying Well

How is your mental and physical wellbeing?
What healthy habits do you have? Do you know
how to stay well?

Most people recognise the importance of looking after the health of their body, and it is equally important to look after your mental wellbeing. Eating well, staying active, getting adequate sleep, and connecting with others are all important for improving your mental wellbeing in addition to keeping you physically healthy.

Eating well

Just like our bodies need healthy food to function at their best, so do our minds. You can improve your health and daily functioning by:

- Eating regular meals and healthy snacks.
- Drinking plenty of water.
- Limiting foods and drinks high in sugar and/or caffeine, as these may cause a quick burst of energy then a slump.
- Choosing lots of different fruits and vegetables, and plenty of wholegrain foods.
- Eating two serves of oily fish per week (tuna, salmon or sardines).

You don't need to go to a gym or join a sporting team to be physically active, find something you enjoy and make it a part of your daily routine.

Staying Active

We should aim to do at least 30 minutes of moderate intensity activity each day – ie. activities requiring some effort, but you are able to hold a conversation while exercising. Additionally, try to do muscle-strengthening activities on at least 2 days per week.

Opportunities to be active:

- Leave the car at home for short journeys and walk part of the way to work.
- Get out in the garden.
- Go for a walk with your family after dinner.
- Catch up with friends while being active rather than sitting for a coffee.

Sleeping well

Healthy sleep habits can make a big difference in your quality of life. Getting a good night's sleep helps both your body and your mind recover from the day.

To pave the way for better sleep, follow these simple tips:

- Stick to a sleep schedule, even on weekends.
- Practice a relaxing bedtime ritual.
- Exercise daily.
- Evaluate your bedroom to ensure ideal temperature, sound and light.
- Sleep on a comfortable mattress and pillows.
- Eliminate or reduce alcohol and caffeine.
- Turn off electronics before bed.

Most importantly, you must make sleep a priority so you get the rest you need.

Drinking safely

Some people use alcohol to help them relax, to assist with sleep, or to feel more comfortable in social situations. These effects tend to be only temporary and over time larger amounts of alcohol are needed to gain the same effects.

For healthy men and women, drinking no more than two standard drinks on any day reduces your risk of harm from alcohol-related disease or injury over a lifetime. If you feel as though your alcohol use is impacting your health or quality of life, your GP can offer support. There are also many strategies which can be used to keep your drinking at a safe level:

- Eat before and while drinking but avoid salty snacks which make you thirsty.
- Alternate alcoholic with non-alcoholic drinks such as soft drink, juice or water.
- Try to avoid getting into rounds, so you can drink at your own pace.
- Serve your own drinks so you can keep track of how much you are drinking.

Connecting with others

People are made for relationships, and keeping in touch with others is important for introverts and extroverts alike. When we connect with others we feel a sense of belonging and our mood is improved. Additionally, social support can be a source of comfort and strength when times are tough. There are plenty of ways to stay connected with others:

- Make an effort to build and maintain relationships at home, with friends, and in the workplace.
- Do something you enjoy with other people to improve your mood.
- Don't limit yourself to in-person connection. A phone call, text message, or social media can help you feel more connected to far-away loved ones.

If you are concerned about your own wellbeing or that of a family member or workmate, please reach out to us for a chat. It's okay to ask for help.

More Information

For more information about maintaining a healthy lifestyle, visit the following websites:

Australian Dietary Guidelines:

www.eatforhealth.gov.au

Physical Activity Guidelines:

<https://www1.health.gov.au/internet/main/publishing.nsf/Content/health-publth-strateg-phys-act-guidelines>

Sleep Health Foundation:

<https://www.sleephealthfoundation.org.au/>

Alcohol and drug use:

<https://adf.org.au/alcohol-drug-use/>

Beyondblue:

www.beyondblue.org.au

Need Help?

If any of the topics covered raise concerns for you, please reach out. No-one needs to face problems alone. The OzHelp wellbeing and support team are available during business hours. Lifeline 13 11 14 is available 24/7 for crisis support.

T 1300 694 357 | E info@ozhelp.org.au | W ozhelp.org.au

Please note: The information in this booklet is not intended to be a substitute for specific independent health advice, nor is it intended as a self-treatment program. Such decisions should be made in consultation with a health professional.