

Mental Health Week



9 - 17 October, 2021

Take time for
mental health

The visual identity for 2021 has been developed using the artwork 'Take time - for mental health' by Jesse James. Jesse was born on Palm Island and is a proud Bwgcolman, Birri-Gubba and Mamu man who pays respects to the Wakka Wakka peoples from Cherbourg where he grew up. Having experienced depression, Jesse is a passionate advocate for mental health awareness. Jesse is a self-taught artist and painting is one of the ways he takes time to prioritise his mental health.

What do we mean by Mental Health...

“a state of wellbeing in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.”

World Health Organisation 2007

- Your mental health influences how you think, feel, and behave in daily life
- It also affects your ability to cope with stress, overcome challenges, build relationships, and recover from life's setbacks and hardships

Understanding good mental health

- Strong mental health isn't just the absence of mental health illness
- Rather than the absence of mental illness, mental health refers to the presence of positive characteristics
- People who are mentally healthy have:
 - ✓ A sense of contentment
 - ✓ A zest for living and the ability to laugh and have fun
 - ✓ The ability to deal with stress and bounce back from adversity
 - ✓ A sense of meaning and purpose, in both their activities and their relationships
 - ✓ The flexibility to learn new skills and adapt to change
 - ✓ A balance between work and play, rest and activity
 - ✓ The ability to build and maintain fulfilling relationships
 - ✓ Self-confidence and higher self-esteem

'Taking time for mental health' – can be a challenge

But I'm too busy

I don't have the time to do anything else!

I'm fine, so why do I need to know this?

When we are tired, frustrated or battling competing priorities we are not in the right frame of mind to embrace another activity

If you feel constantly stressed, always over-whelmed or can't remember a time when 'things' felt manageable... these are red flags!

They are the signs that you may need to make some small changes and that means making choices – not just doing more



Get healthy

Be active, eat well and get enough sleep.



Keep learning

Challenge your mind and seek out new things.



Show kindness

Give back, show gratitude and bring joy to others' lives.



Connect more

Develop relationships, stay connected and care for each other.



Take notice

Be mindful. Stay in the moment. Experience the world around you.



Embrace nature

Step outside, connect with the natural world and take care of the planet.



Career

Family / relationships

**Personal
development**

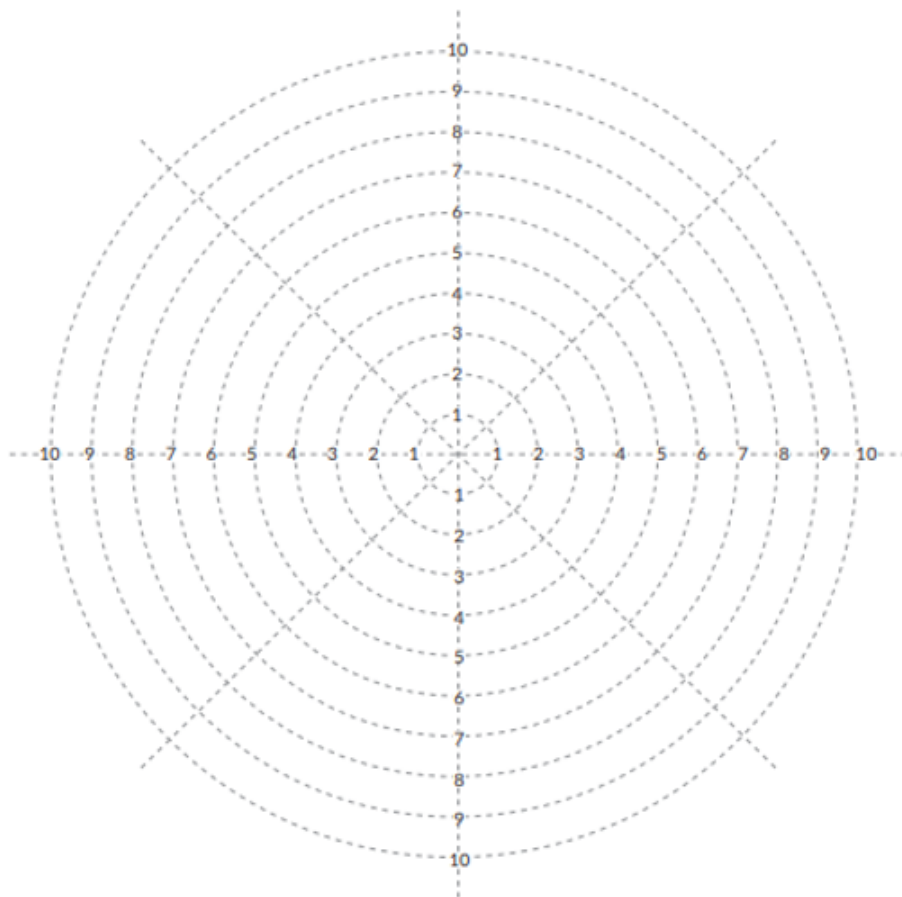
Health / fitness

Social

**Recreation
/ Fun**

Finances

**Physical
environment**



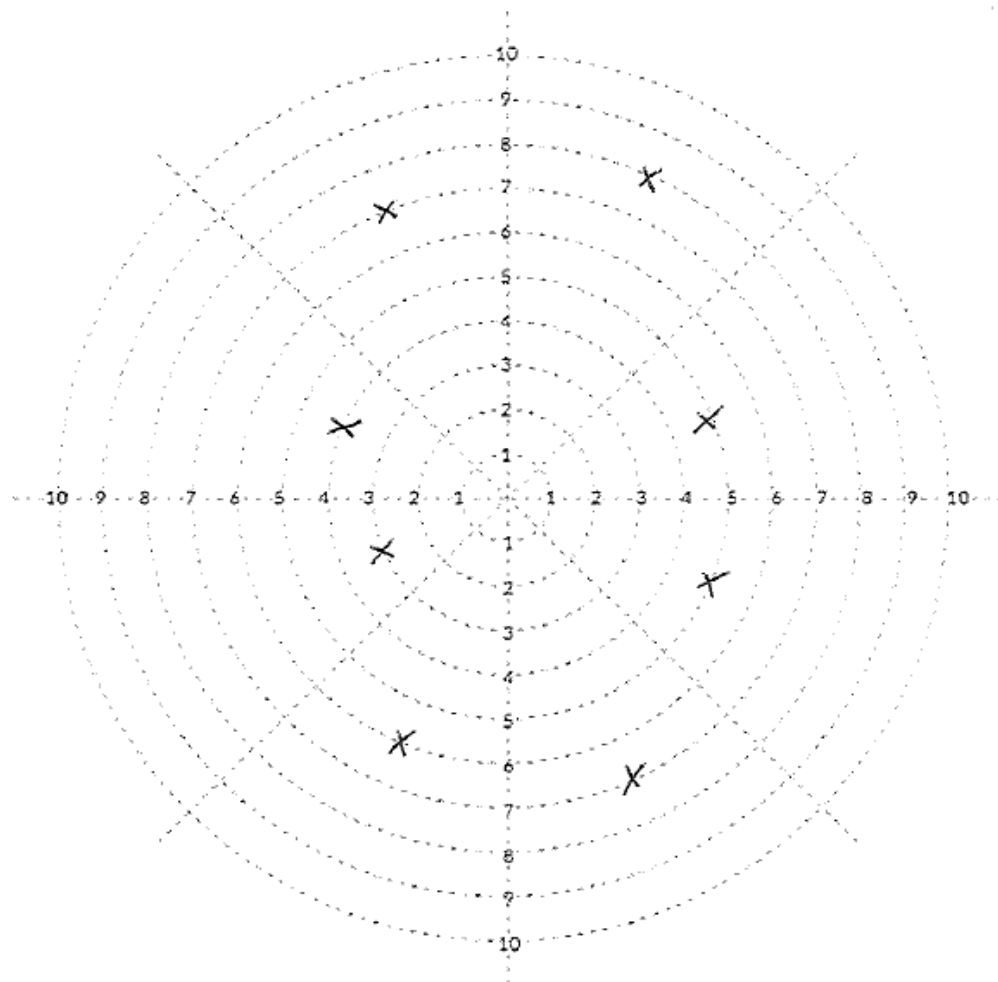
Rating	
10 =	extremely satisfied
9	
8	
7	
6 =	somewhat satisfied
5 =	somewhat dissatisfied
4	
3	
2	
1 =	extremely dissatisfied

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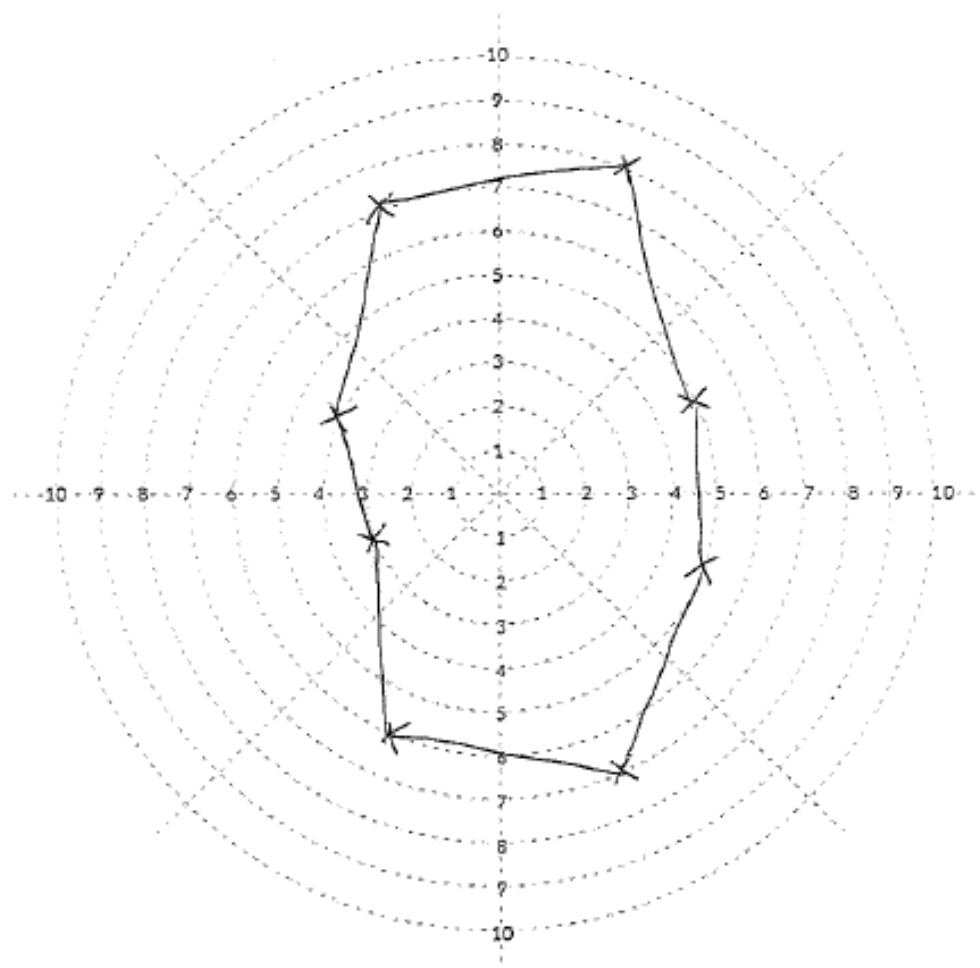
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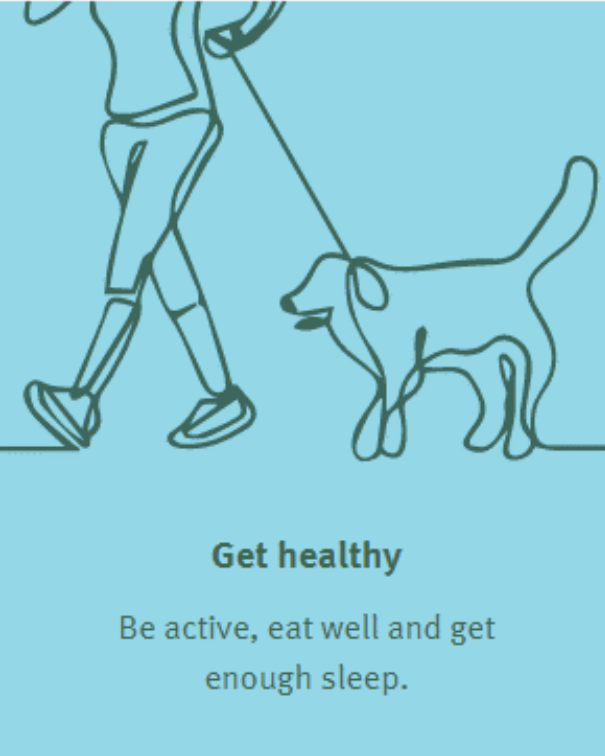
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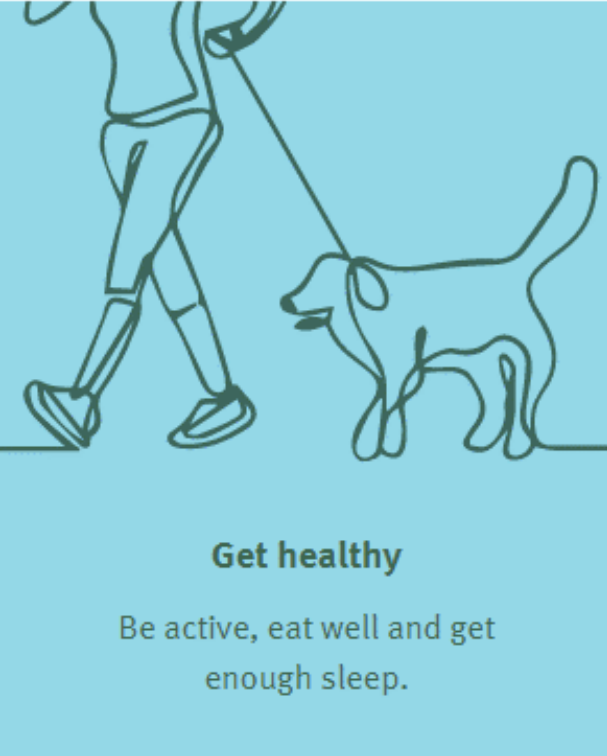




Reasons to 'Get Active'

- ✓ Physical activity releases feel-good chemicals into the body, like endorphins and serotonin. These chemicals make you feel good, lift your mood, increase your energy levels and improve your sleep. Getting active also gives your general health and wellbeing a significant boost
- ✓ 4 out of 5 Australian adults don't do enough physical activity to stay healthy
- ✓ 9 out of 10 Australians could reduce the risk of heart disease by walking as little as 15 minutes more each day



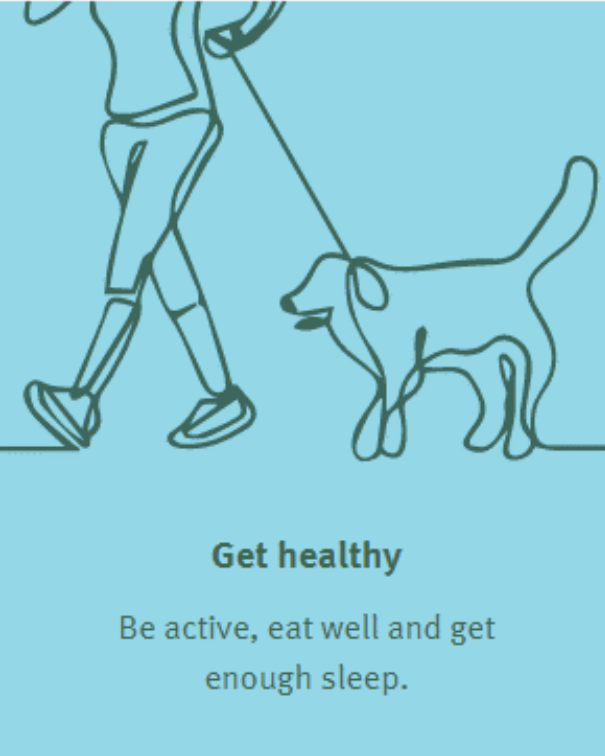


Reasons to 'Eat Well'

- ✓ Following a healthy diet means your brain will have the right balance of nutrients to work at its best
- ✓ It will also improve your energy levels, sleep patterns and general health, leaving you fresh and ready to handle life's day to day challenges

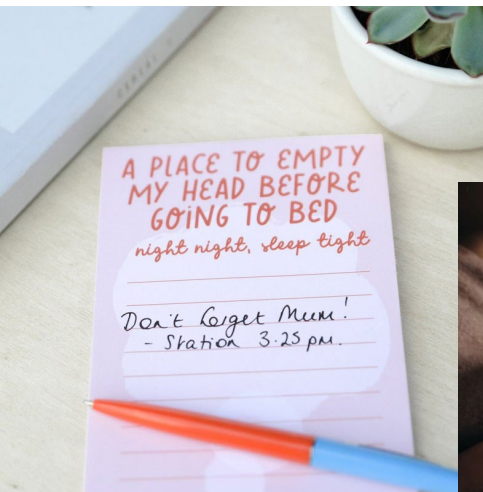
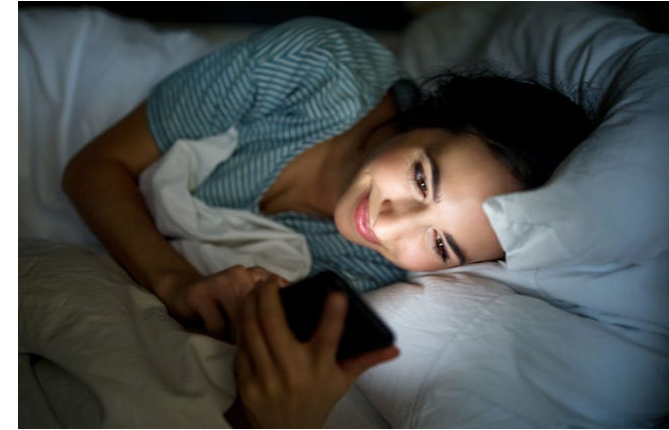


<https://www.healthier.qld.gov.au/food/recipes/>
<https://hw.qld.gov.au/boostyourhealthy/>



Reasons to 'Get more rest'

- ✓ Sleep gives your brain important 'down time' to process and store the information it receives during the day. Not getting enough sleep affects your mood and ability to concentrate





Keep learning

Challenge your mind and
seek out new things.

Reasons to *Keep Learning*

Keeping your mind engaged with new ideas and experiences is an important part of your mental wellbeing. This could be as easy as doing a daily Sudoku, learning a new skill through an online tutorial or listening to an informative podcast.

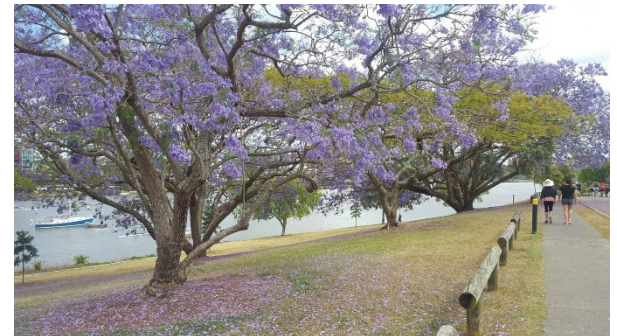
Why?

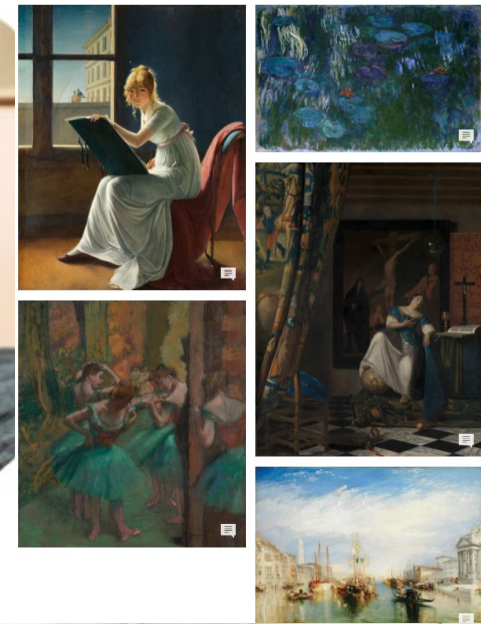
Your ability to reason and make good decisions depends on how well your brain interprets and processes information. Doing regular mental challenges trains these mental pathways, improving their effectiveness and refreshing old or unhelpful thought patterns.



Research is showing that lifelong learning may improve brain function and prevent or delay the symptoms of dementia.

Explore your city / local area / walking tour





BBC Good Food Become a Successful Baker with BBC Good Food

Improve your home baking skills as you learn the techniques to master tasty recipes and understand the science behind baking.

4 courses 20 weeks Introductory



D&AD Developing a Creative Mindset: Build Empathy, Collaboration, and Resilience into Your Creative Process

Explore your creative mindset to better understand your audience, build collaboration skills, and boost your resilience.

3 courses 9 weeks Introductory



Swiss Education Group co-created by César Ritz Colleges

Entrepreneurship in Food and Beverage

Gain a competitive edge in the food and beverage industry and develop skills as a restaurateur, wine taster, and chef.

3 courses 12 weeks Intermediate



Show kindness

Give back, show gratitude
and bring joy to others' lives.

Reasons to *Show Kindness*

Did you know that one of the best ways to be kind to yourself is to be kind to others?

Studies have shown that when you do a kind deed, it actually delivers a bigger happiness boost to you than the person you're helping.

You can unlock this happiness boost with either an act of giving, like volunteering or helping a neighbour, or an act of gratitude, like sending a thank you note or just writing down something you are grateful for each day.

Why?

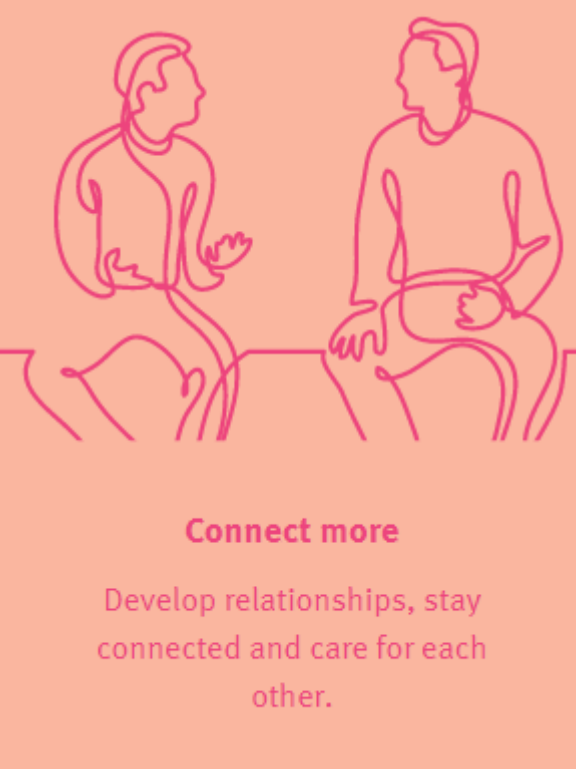
Research tells us that performing an act of kindness triggers the release of a chemical called oxytocin. This stimulates the area of your brain associated with social connection and trust, which makes you feel good.

Showing gratitude can improve your self-esteem, enhance empathy, reduce aggression and even help you sleep better. Acts of gratitude create strong positive emotions, and practising them regularly will also help build your mental resilience.



Pay it forward is an expression for when the recipient of an act of kindness does something kind for someone else rather than simply accepting or repaying the original good deed.





Reasons to *Connect more*

Feeling connected to people, groups, places and culture plays an important part in your mental wellbeing. Humans evolved to live in tight bands or family groups, with a need for constant social interaction hardwired into our DNA. Now that we live more independently, this means many of us may feel disconnected or lonely.

There are plenty of ways to make meaningful connections with people. This includes spending time with family and friends, inviting co-workers or classmates for lunch, joining a team or club, or even having a friendly chat with the guy serving you at the bakery.

Why?

Regular positive interactions stimulate the production of a feel-good chemical in your brain, boosting your mood. Fostering stronger relationships and connections to your community will also strengthen your social networks for the times you might need extra support.



What makes a good life? Lessons from the longest study on happiness | Robert Waldinger <https://youtu.be/8KkKuTCFvzI>



- People who are positively connected to friends, family and community are happier, physically healthier and live longer
- It is the quality of the relationships that is important not the volume





Take notice

Be mindful. Stay in the moment. Experience the world around you.

Reasons to *Take notice*

Daily life can be busy and stressful. But did you know that you can calm that pressure simply by taking a moment to stop and focus on the present?

Mindfulness is about connecting with your immediate thoughts and feelings without judging them. You can practise mindfulness anywhere by taking a deep breath, then allowing yourself to focus only on what is happening in that moment – both in the world around you and in your mind.

Why?

Studies have shown that mindfulness has a strong positive effect on your mental wellbeing. By directing your attention to what is happening in the present, you're less likely to focus on worrying about things from the past, or things that might happen in the future.

Example: sitting by the water on the coast and listen to the waves

Give your devices a break – turn them off!





Get Calm Fast: Mindful Breathing Can Help Any Time, Anywhere

Your breathing is a valuable tool to slow down your heart rate, lessen anxiety, regulate your moods, and calm you down.





Embrace nature

Step outside, connect with
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Reasons to 'Embrace Nature'

Spending time in nature has big benefits for your mental wellbeing. It's also been shown to have wider health benefits like building your immune system and lowering your blood pressure.

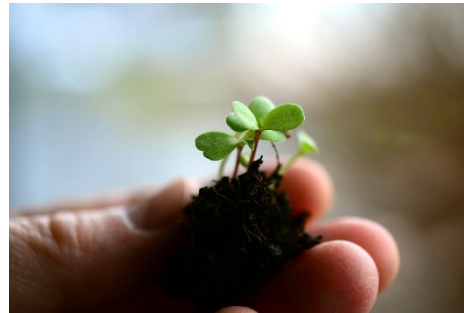
There are plenty of ways to enjoy nature – you could take a walk in local bushland, go for a picnic, try kayaking or even do some gardening. Environmentally friendly activities like recycling and composting will also help you feel a deeper connection with the world around you.

Why?

Studies have shown that spending time in nature can improve your mood, and reduce stress.

More time outdoors also means that you'll get more exposure to the sun. Sun exposure helps produce mood-stabilising chemicals like serotonin and also gives your vitamin D levels a boost, which helps regulate your sleep-wake cycles. Always remember to slip, slop, slap, seek and slide.





Career

Family / relationships

Health / fitness

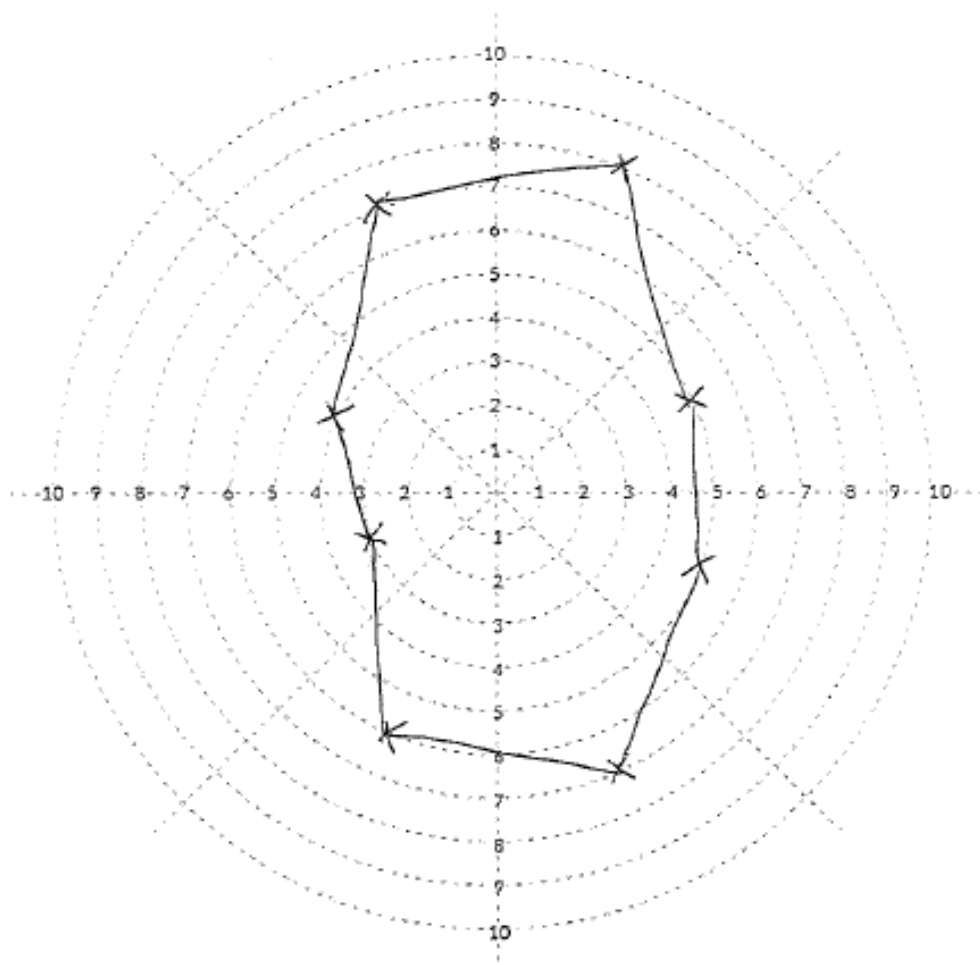
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GOOD MENTAL HEALTH AND WELLBEING IS THE FOUNDATION FOR THRIVING INDIVIDUALS, FAMILIES AND COMMUNITIES

The theme '*Take time — for mental health*' recognises the importance of taking time to engage in activities that boost our mental health and wellbeing, and seeking help when needed.

When we take time to look after our mental health and wellbeing we are able to improve our resilience to help us cope better with the everyday stresses of life, and reduce the risk of mental illness.

The Queensland Government's [Dear Mind](#) campaign encourages Queenslanders to practise simple, everyday mental wellbeing activities from the Six Building Blocks of Mental Wellbeing.



Get healthy



Keep learning



Show kindness



Connect more



Take notice



Embrace nature

Simple actions can improve our mood, build resilience, and boost wellbeing.

