



# **MIND YOURSELF** **WITH** **MELBOURNE**

## **MAINTAINING YOUR MENTAL HEALTH**

Some Practical Steps for Maintaining your Mental Health

### **1. Maintaining routine, staying connected, and staying active will be key to maintaining your mental health**

### **2. Maintain a regular sleep routine**

- ▶ Good quality sleep helps us regulate emotions and will help you manage stress and anxiety.

### **3. Exercise**

- ▶ Try to exercise regularly.
- ▶ Physical activity stimulates the release of dopamine, norepinephrine, and serotonin. These brain chemicals play an important part in regulating your mood and boosting your overall sense of well-being.

### **4. Nutrition**

- ▶ What we eat has a direct effect on how we feel.
- ▶ Maintaining a balanced diet will assist with sleep, energy, and concentration.

### **5. Connect**

- ▶ Being connected to others is important for our mental and physical wellbeing and can be a protective factor against anxiety and depression.
- ▶ Make sure you are using technology to stay connected.
- ▶ Ensure you are staying connected to friends, family, and work.
- ▶ Schedule in things that you enjoy.
- ▶ Schedule in things that you want to achieve.