MENTAL HEALTH MONTH OCTOBER

Tune IN this mental health month

WayAhead
Mental Health Association NSW

Mental Health Month is an initiative of WayAhead, supported by the NSW Government.

MENTALHEALTHMONTH.ORG.AU

Tune IN this mental health month
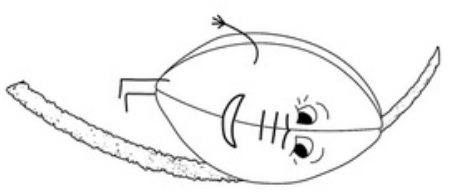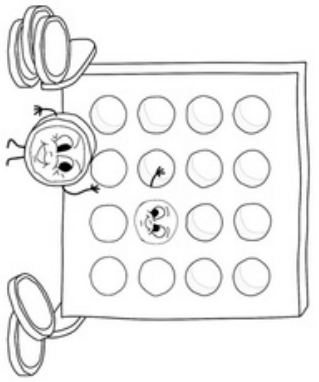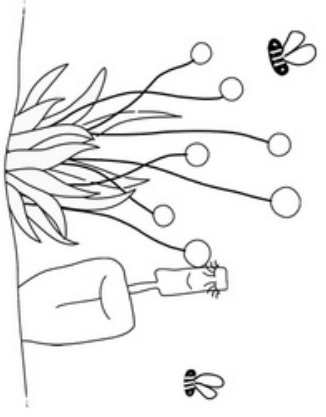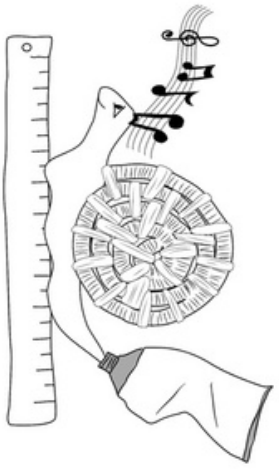
TUNING IN MEANS BEING PRESENT

It means being aware of what is happening within you, and in the world around you.
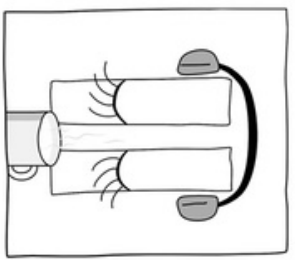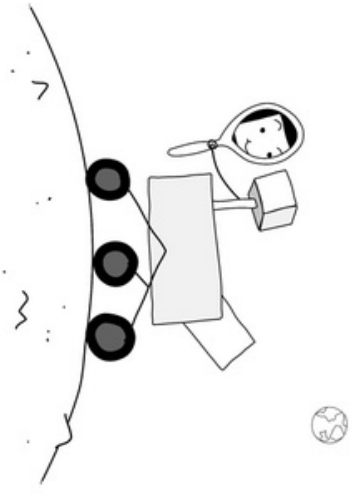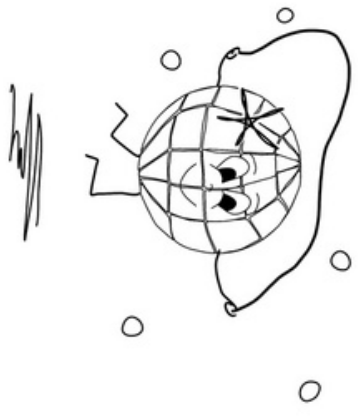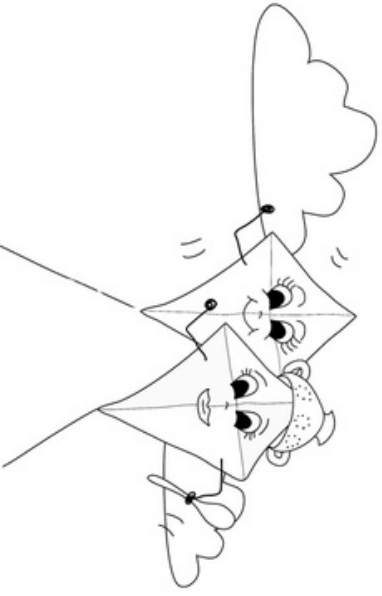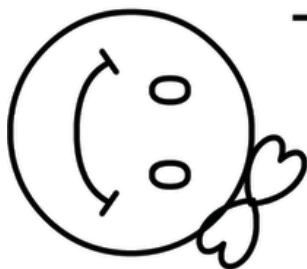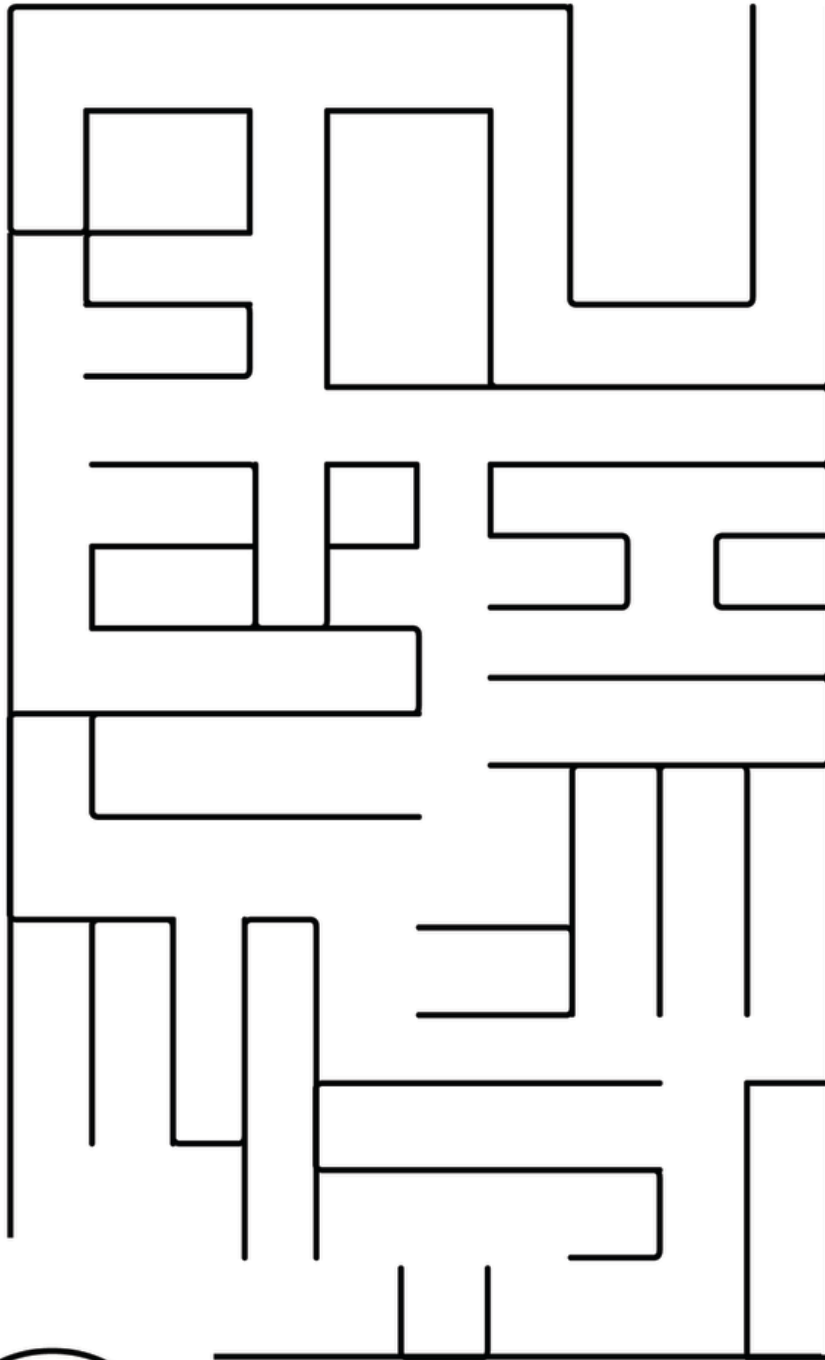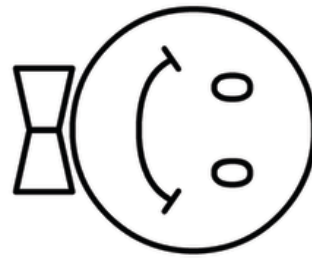
Being present by tuning in has been shown to help build self-awareness, help make effective choices, reduce the impact of worry, and build positive connections.

mentalhealthmonth.org.au

CITY OF PARRAMATTA LIBRARIES

MENTAL HEALTH MONTH OCTOBER

COLOUR IN - TUNE IN

Share your colouring in with the hashtags #colourintunein and #wayaheadNSW for a chance to win some of our Mental Health Month merch

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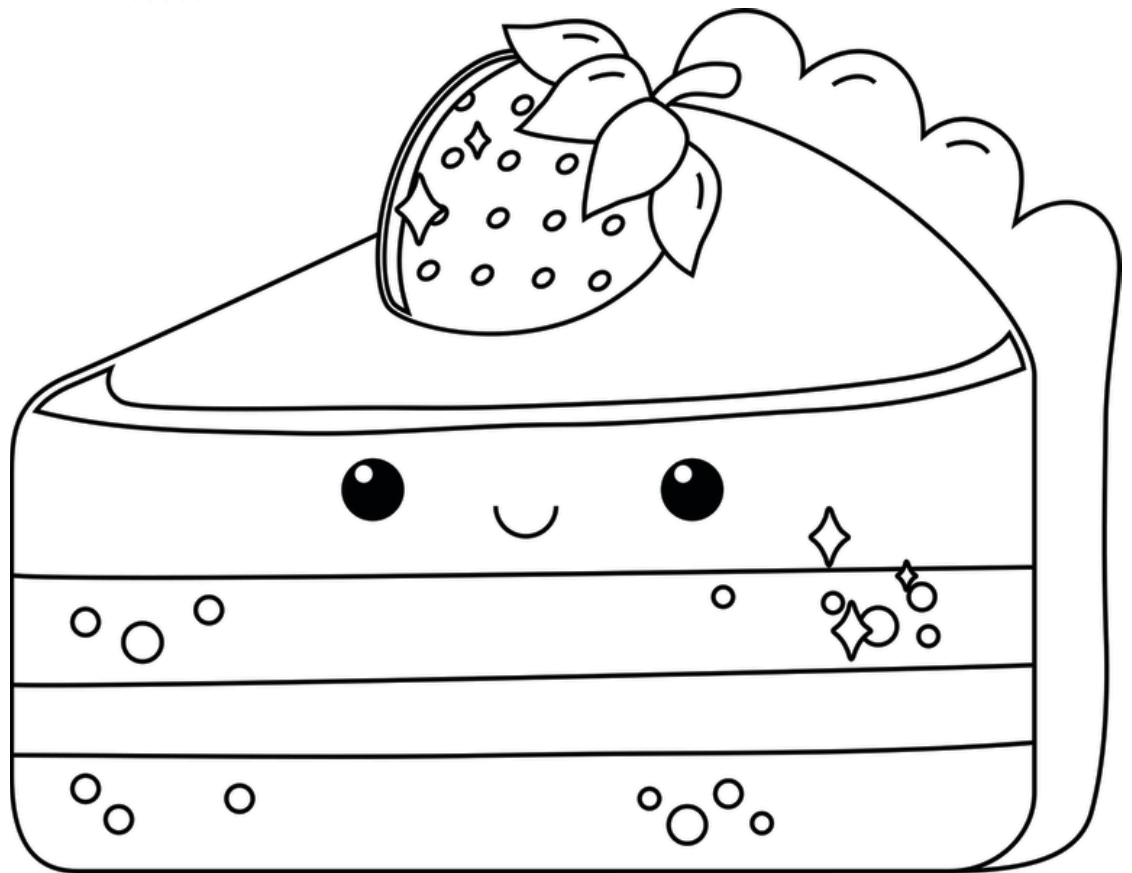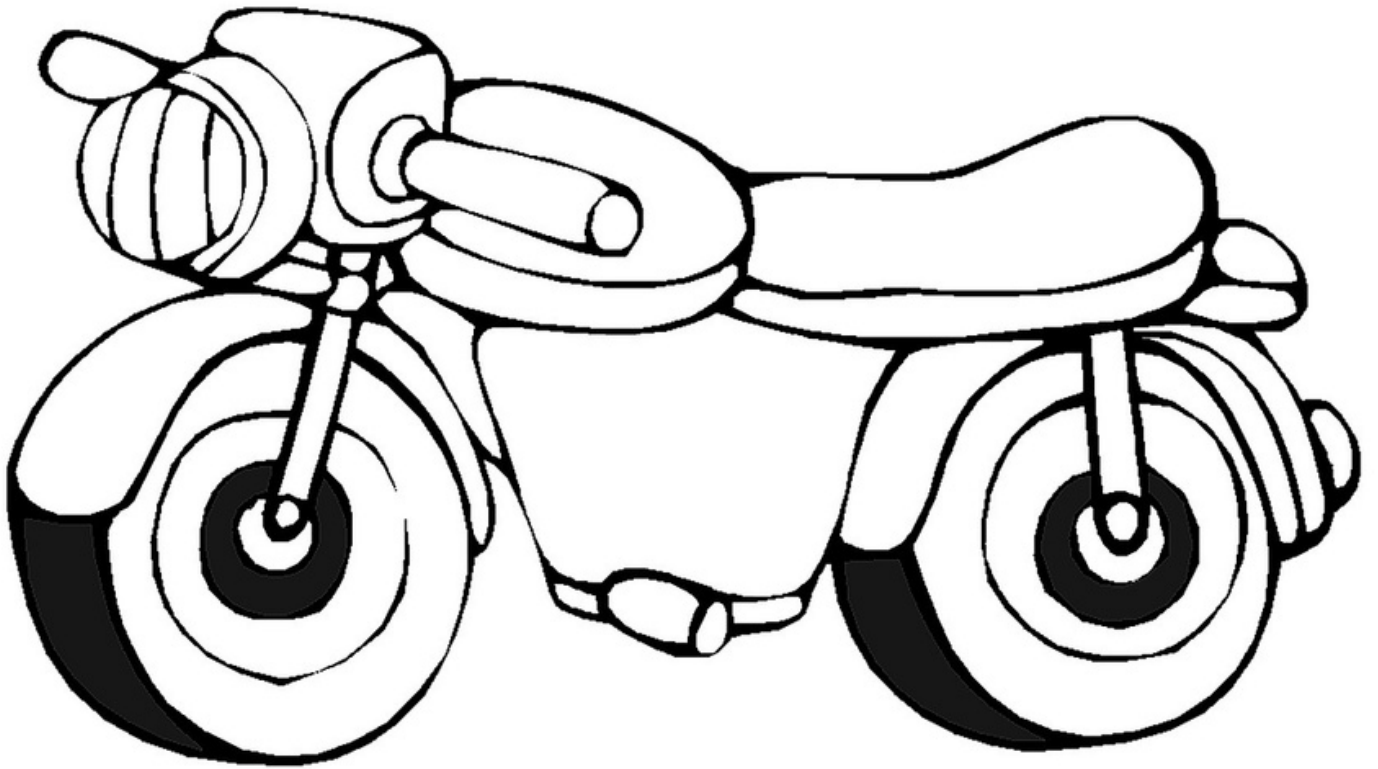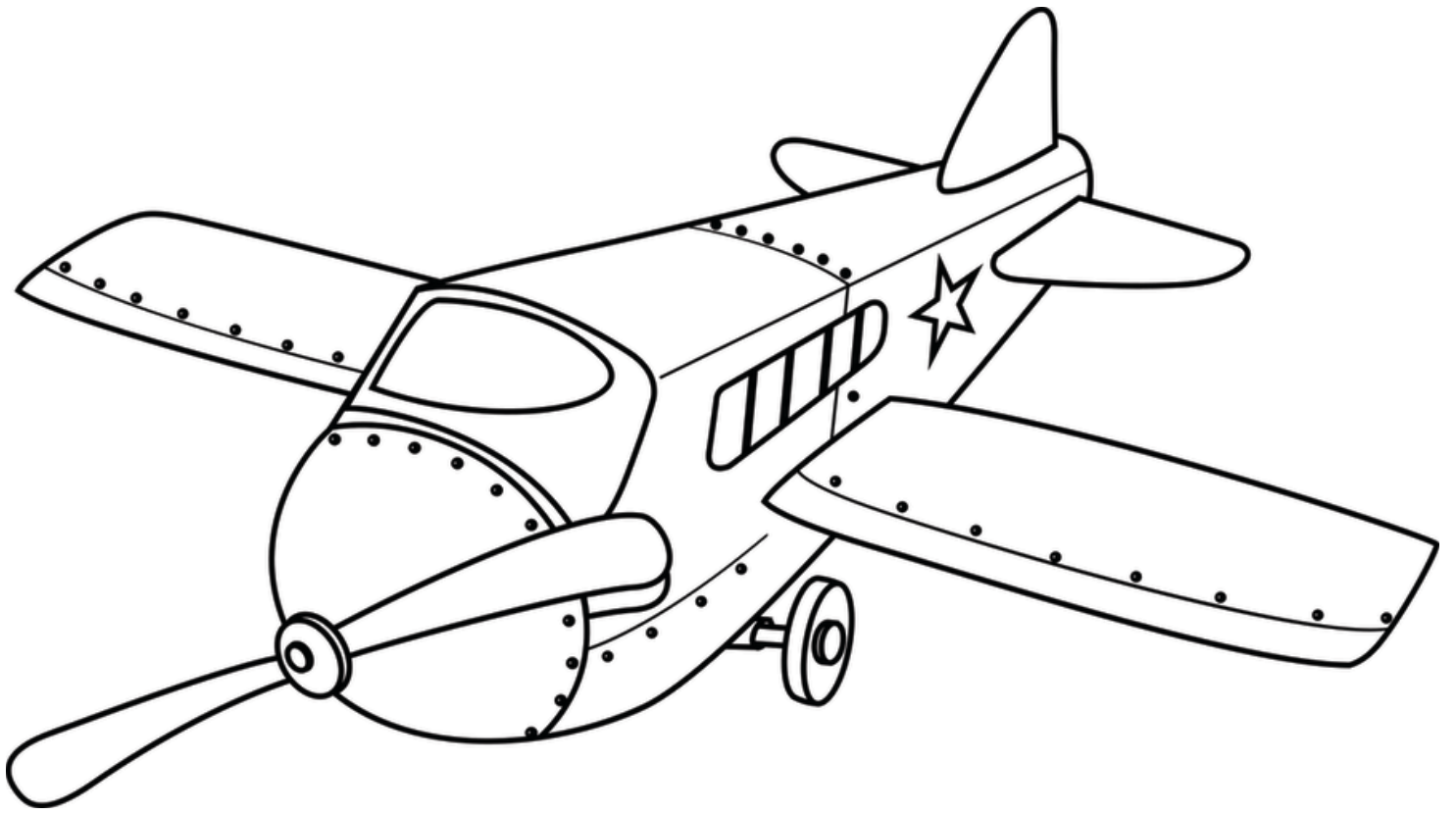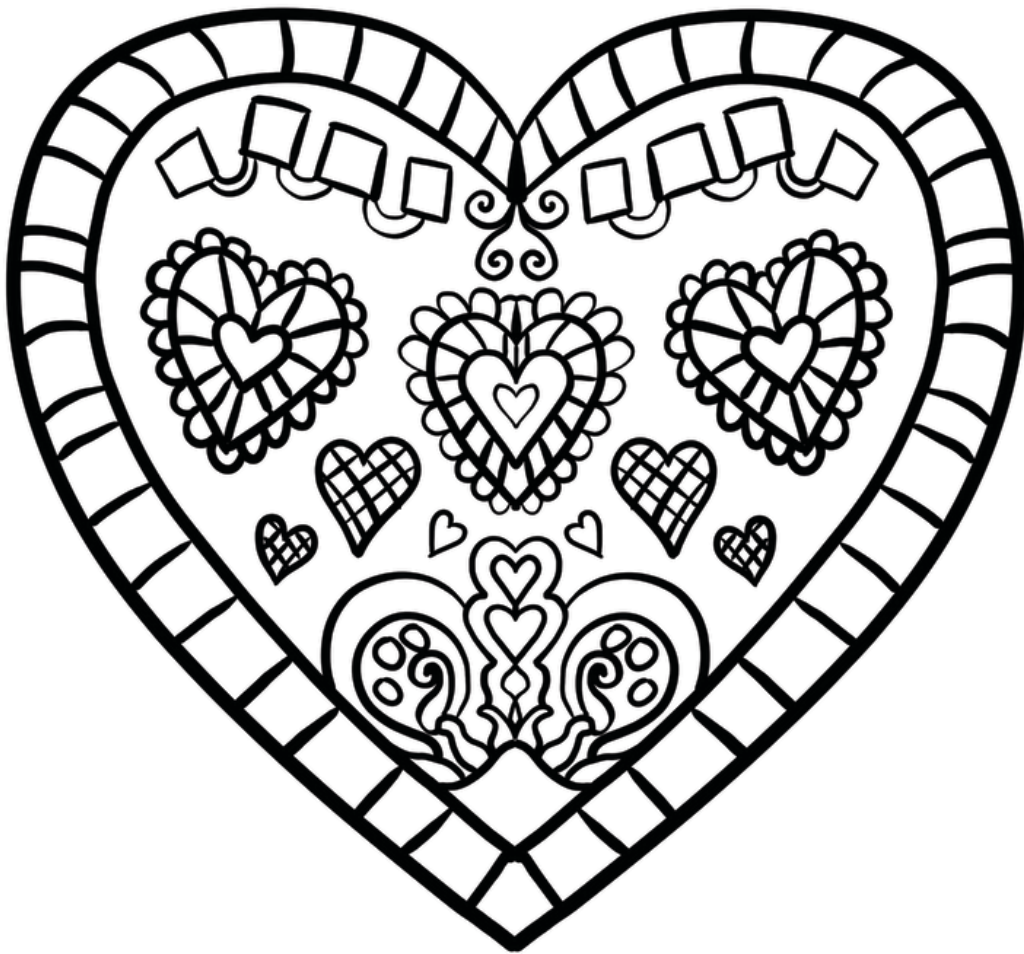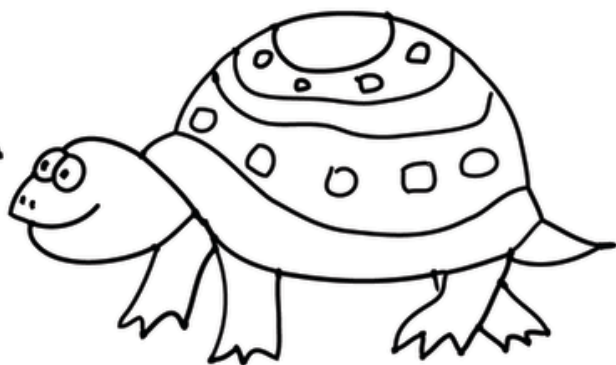
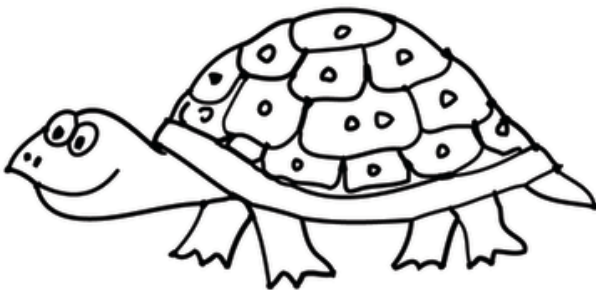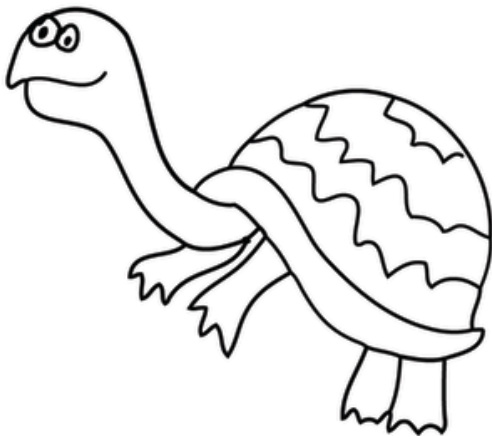# TIPS TO TUNE IN

BE PLAYFUL

TAKE TIME TO REST
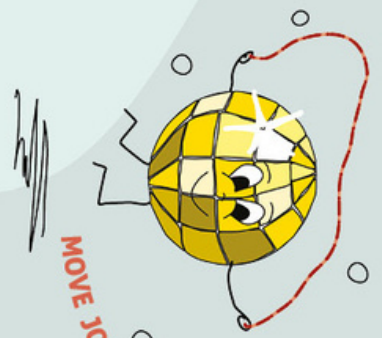
GROUND YOURSELF BY CONNECTING TO THE EARTH
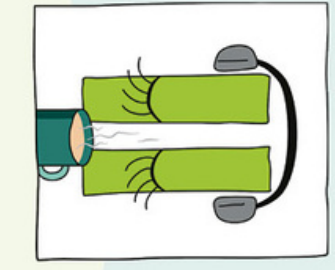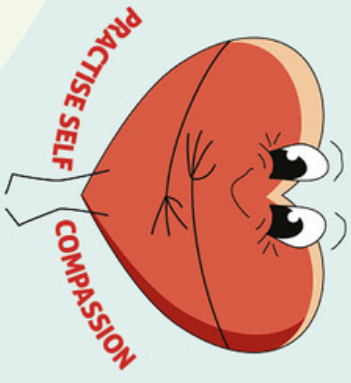
PRACTISE SELF COMPASSION

CONNECT WITH FRIENDS

MOVE JOYFULLY

WEAR SOMETHING THAT MAKES YOU FEEL LIKE 'YOU'
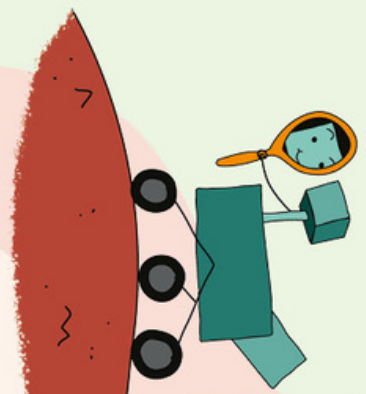
BE CURIOUS ABOUT YOURSELF

NOTICE YOUR BOUNDARIES

DO SOMETHING CREATIVE

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Workplace stress less tips

prioritise your top 3 tasks each day

get outside on your breaks

practice kindness + gratitude

encourage flexible work arrangements

take screen breaks

review your financial goals

take a step towards a life goal

find a supportive person

get some laughter in your day

move every day in a variety of ways

www.wayaheadworkplaces.org.au

10 TIPS TO STRESS LESS
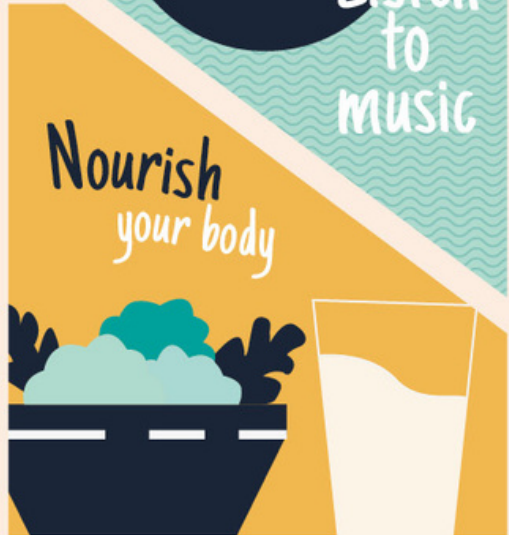
Listen to music

Connect with friends

Spend time

with family & loved ones

and socialise

Nourish your body

Get enough sleep ZzZ

Speak to someone you trust

Practise Mindfulness

Make time for yourself

Get moving be active!

Take a break

& change your environment

stresslesstips.org.au/unitips

WayAhead Mental Health Association NSW

Being a Mental Health Ally means shifting your behaviour and the world to be safer and more supportive for people experiencing difficulties with their mental health.

We asked people with lived experiences of mental ill-health what people can do to be an effective mental health ally.

Check out some of their tips below

How can I be a mental health ally?

SUPPORT
Listen to people's stories and asking them how they're doing. Validate people's experiences and learn more about mental health and stigma.

DEMONSTRATE
Speak up when you notice stigma and boost the stories of people with lived experience. Be a safe person by avoiding harmful language and communicating with compassion.

BUILD COMMUNITIES
Engage people with lived experience and make sure your community is inclusive. Think about the ways people can interact and how they can be as accessible as possible.

WHAT IS STIGMA?
Stigma means the negative ideas we have about mental illness, and how they're expressed. Stigma can lead to shame, prejudice, and discrimination.

YOUR ACTIONS CAN MAKE A DIFFERENCE
Speaking up when you notice mental health stigma helps others learn, and also helps create safer places for people with lived experience.

What is stigma?

THE LANGUAGE YOU USE MATTERS
Using words like "crazy" to negatively describe people can contribute to mental health stigma, and make it feel unsafe to reach out for help.

Myth busting!

MYTH: People with a mental illness are dangerous

FACT: People with a mental illness are far more likely to be victims of violent crimes than perpetrators they are to commit them. Additionally, people in need of urgent help may be victims of police violence or coercive treatment.

FIND OUT MORE
To learn more about being a mental health ally and for more information about Mental Health Month check out our website using the QR code below:

MYTH BUSTING
There are plenty of myths out there about mental health and people who experience distress. Busting these myths can help break down mental health stigma

MYTH: You're either "normal" or "mentally ill"

FACT: Mental health is a spectrum, and we all go through periods in our life where we feel distressed, worried, or disconnected. We can all benefit from good, accessible support for our mental health.