



mind health action plan



Find out more about how
Invigor Wellbeing helps
Australian organisations
embrace a Culture of Care.

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Just like a **'Bushfire Plan'...**
don't wait until the fire strikes!
Make your plan now.

4
steps
to better
mind health



happier.
healthier.

Create your 5 minute mind health action plan



Creating this action plan **now** will help you deal with times you may feel anxious or stressed in the **future**.

This plan is an important step to start confronting and maintaining better mind and physical wellbeing.

It prepares you with actions to take for when you may have to face significant life events that could have a detrimental effect on your thoughts, feelings and behaviour.

1 talk

Write down those **2 people** in your life you can trust to confide in when things aren't great. You must trust them implicitly not to share. It might be someone outside of your current 'social circle', maybe a lifelong friend, they can even be on the other side of the world – that's sometimes better.

Who are 2 friends you can confide in and can call 24/7?

- Confide in someone you trust
- Tell them honestly how you're feeling and thinking
- Make sure you can call them 24/7 during your worst periods of sadness/depression

1

2

Talk to your GP – most of us go to our trusted doctor far too late to seek help. Just like a 'cancer spot' or pain in your body, the earlier you seek help, the better and quicker your chance is to become **happier and healthier**.

Visit your GP. Sometimes its a good idea to get a referral to a psychiatrist or psychologist.

My GP

Tel

2 exercise

What cardio-vascular exercise do you love that gets your heart rate up? Choose one that you are able to do for a minimum of 30 minutes. You won't feel like exercising but take it from the thousands who swear by exercise – it helps you better confront and overcome stuff.

What is your chosen exercise?

Make it cardio

- Choose an exercise you like
- 3 - 4 times per week - minimum 30 minutes

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3 drinking & drugs

We know we shouldn't lean on drinking and taking drugs during times of heightened stress to calm our nerves. And we know social pressures and the 'Aussie' lifestyle makes cutting back or giving up extremely difficult. That's why working out your '**reason for not...**' before you go out makes it easier to achieve.

What is your pre-planned reason for not drinking or taking drugs?

- Switch to zero/low alcohol drinks
- Follow the 3 R's - Reduce, Rest, Remove

.....

4 sleep

Getting good quality sleep makes confronting poor mind health issues much easier. And when you exercise, cut out drinking or drugs, talk and connect to get those triggers out – getting great sleep is far easier to achieve.

What two things could help you sleep better?

1

2

Remember to...

- Get good, consistent, ongoing sleep
- Prepare for sleep
- Avoid TV, screen time and other stimulants

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