



"Where, how and what we live"

mentalhealthweek.org.au

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# MIND

## Meditation

**Calm the busy mind and focus on how to control and select your thoughts** – The practice of meditation provides us with a deep sense of inner peace and resilience, improving one's ability to weather life's inevitable storms, enhanced concentration, a more outward-looking panoramic perspective, and a greater calm in our dealings with others.



**The ability to hone your thoughts and awareness in on 'something'**– Mindfulness is holding your attention in the present moment with openness, curiosity and without judgement. Practicing mindfulness has been shown to reduce worries, anxiety and distress; create a sense of calm; learn how to relax and regulate emotions; improve concentration and increased productivity; develop a sense of empathy and connectedness; and enjoy better health and sleep which contributes to better mental health balance.

## Mindfulness

## Relaxation

**Allow your brain to completely relax** – Rest and relaxation are just as important for the mind as they are for our physical bodies. When we allow our brain to completely relax, we help neurons and pathways re-connect and process our thoughts and experiences. A busy mind is not necessarily one that is activating its full potential.



**Think about what you already have, not what you are longing for** – The simple act of gratitude can change your whole day or life! It's great to have goals, but by simply appreciating the abundance of gifts, talents, people in your life you care about and any other opportunities can re-shape your focus, intent and energy for the day. Journaling is a good way to harness our gratitude at the end of a day or to begin it.

## Gratitude

## Positivity & affirmations

**Reinforce positive thoughts and attitudes** – Keeping a positive mindset can be very powerful for framing our peace of mind and perceptions of the world around us, our interactions with others and how we experience life. Daily affirmations can help you achieve your goals, believe in yourself and face your fears to tackle new challenges. Who knows what's around the corner when you are armed with genuine confidence and a happy-go-lucky attitude.



**Talk to a family member, friend or professional** – If you're someone who likes to talk over matters and life's troubles to process them, then make sure you have people around you who are free to listen when you need. Sometimes, talking to loved and trusted family members and/or friends is enough; other times you may need the help of a qualified counsellor or psychologist to unpack more deeper issues – or if your loved ones don't feel capable of holding that emotional weight or space at the time. There is nothing to be ashamed about in accessing a professional to talk through your challenges.

## Talking about it

**More info, resources & support: [mentalhealthweek.org.au/mind](https://www.mentalhealthweek.org.au/mind)**



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## Trauma & healing

**Processing trauma takes extra conscious effort and support, but you can begin to heal –** Never underestimate the impact a traumatic event or series of traumatic experiences has on our mental health, mind set, behaviours and thought processes. There has never been as much research and understanding of trauma-informed care and practice as there is now, and the good news is there are many services and strategies we can adopt to take control back of our minds and lives after the impacts of trauma.



## Goal setting & wellness

**Having a sense of progress, achievement and direction –** Have you ever completed a wellness wheel of wellbeing? It can help frame up your priorities, plans and achievements. Goal setting is about making a little progress as and when you can, in a direction that is meaningful and beneficial to you and your life. This sense of accomplishment, growth and fulfilment will all contribute to better mental health and wellbeing.



## Emotional awareness

**Do you notice when your temper is rising or when anxious feelings start to arise?** Being in tune with our emotions, reactions and triggers is the first step in understanding ourselves better and improving our communication and relationships with others; and taking hold of our direction and choices. It's healthy to feel a range of emotions – while we ideally strive for joy and contentment, we're going to experience some bouts of anger, sadness or fear along the way which all serve their natural protective functions. Practice being self-aware and recognise when these feelings are effecting day-to-day tasks, your work or your relationships. If you struggle with this, you may need to seek the right support or services to guide you.



## Connection & belonging

**Humans are biologically designed to connect and belong for survival –** One of the leading causes of depression and suicide is lacking a sense of belonging either in a family or friendship group, or a community and/or workplace setting. A good way to start finding people with similar interests to you is by joining a community group, sport or club. Being a good friend works both ways – make quality time to nurture the connection and be there for each other when it counts.



## Solitude & silence

**Quiet, alone time to reflect, relax and rest is essential to wellbeing –** Whether you're an introvert (recharges alone or in quieter, small group) or an extrovert (recharges in larger, louder social settings), you will be able to determine the optimal levels of how much interaction with people you require, and when and how much solitude and silence serves you best. These ratios may evolve and change during different chapters of your life.



## Personality & temperament

**How you interact, understand and communicate with others affects own wellbeing –** Being aware of your strengths and weaknesses, preferred (and dominant) ways of communicating, and that of others, allows us to meet half-way. Diverse personality traits are necessary for society and workplaces to operate. Every role makes an important contribution. Don't let your delivery undermine the important messages you want heard. It effects your own mental health if you feel invalidated or misunderstood and if left to fester - this affects relationships. However, if people are abusive or toxic, know your boundaries and worth - even understanding some behaviours doesn't mean you need to tolerate it.

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