



## How to keep mentally healthy this festive season.

Yogazeit Ltd is a partner of the Act Belong Commit campaign helping to promote positive mental health strategies at the individual and community level.

The festive season can be both exciting and daunting.

For some it can be a time of stress, anxiety and loneliness. This year, more than ever, it's important to look after your mental health and wellbeing. Mentally Healthy WA, through the Act Belong Commit mental health promotion campaign, is encouraging Western Australians to reach out and support one another this Christmas.

Here are 10 tips to help you and your loved ones to keep mentally healthy:

- This festive season, especially, is a time to focus on KINDNESS. Small things matter: write a kind note for someone to show them you care, stay calm and patient on the road.
- Try to reconnect with family and friends, even though some of us may not be able to meet in person. Call someone you haven't seen in ages. Reach out to someone who will be alone this Christmas.
- Start a new tradition this festive season. Connect with your neighbours for a game of cricket or join the family for a picnic with Christmas leftovers.
- Sleeping ok? Rushing around to meet deadlines can be exhausting. Make sure you are getting a good nights' sleep whenever you can.
- Remember to stay active at this time of year. Take time to go for a walk. It's important for your mental health and can make you feel good.
- Giving feels good. Make a difference this festive season by organising a charity collection with your family or workplace. Contact a local charity to find out what's needed by them.
- Enjoy solitude. Don't forget to make time to reconnect with yourself during the busy holiday period. Do something relaxing - get outside, try some yoga or indulge in an afternoon nap.
- Reflect on the past, plan for the future. Think about how you can prioritise your mental health in 2021.
- Learn something new this festive season. Look online for a card or other game that you can learn with your family or friends.
- Make Act Belong Commit your family motto for 2021. Being active, having a sense of belonging and having a purpose in life all contribute to good mental health.

"Whilst the festive season can present many challenges for people around connecting with others, it also draws attention to the importance of having a sense of belonging – whether that's with family or friends," says Associate Professor, Christina Pollard, Director of Mentally Healthy WA.

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"We're passionate about empowering mentally healthy communities through accessible Yoga and Mindfulness for the Young and Young at Heart. Taking a deep breath this festive season and taking a moment to being 'present' can bring a welcoming change to overwhelming situations or busy Christmas schedules. We're looking forward to supporting the Act Belong Commit Message in 2021 and we're hoping to seeing you at one of our inclusive Yoga and Mindfulness Programs: At School – at Aged Care – or in the Community," says Regina Cruickshank, Executive Director of Yogazeit Ltd.

About Act Belong Commit:

Act Belong Commit is directed from Curtin University's Mentally Healthy WA. Funded by Healthway and the Mental Health Commission, the Act Belong Commit campaign promotes mental health by reminding us to regularly:

- ACT: Do something to keep mentally, physically, socially, spiritually and culturally active.
- BELONG: Do something with someone to keep connected to friends, family, community and culture.
- COMMIT: Do something meaningful – get involved in activities that provide meaning and purpose.

At [www.actbelongcommit.org.au](http://www.actbelongcommit.org.au) you'll find helpful information including hundreds of simple, do-able and achievable activities you can do to improve your mental health.

CONTACT:

Meg Clarey  
0438417566

PARTNER ORGANISATION CONTACT:

Yogazeit Ltd  
Regina Cruickshank  
0405 551 635

**Contacts**

Act Belong Commit - Meg Clarey  
0438417566  
mailto:  
Yogazeit Ltd - Regina Cruickshank  
0405 551 635  
mailto: