



act

My Nana was a health expert...

"Use it or lose it" she used to say.

And according to the health experts she was right.

Be physically active, she said. Take a walk, ride a bike, dance a little, dig the garden. Keep mentally active, she said. Do a puzzle, read a book, play cards, knit a scarf. Keep socially active, she said. Say hello to your neighbours. Have a chat down the shops. Call a friend on the phone. She did it all. She was on her feet to the end and was still as sharp as a tack when she left us at a ripe old age.

Health experts now tell us that keeping physically, mentally and socially active is how we keep mentally healthy. I guess Nana was right all along.



Want to get involved?

Contact: Mentally Healthy WA - Ph 9266 1709 or email a.laws@curtin.edu.au

www.actbelongcommit.org.au



belong

Grandad was a health expert too...

Grandad was the great participator...

He was a member of lots of groups: his fishing buddies, a book club and the local footy club to name a few. I think it was his variety of friends that made life so enjoyable for him and made him so interesting to us. He always knew someone to call to help him out - or, more often, help one of us grandkids out.

Grandad said being part of a group gave him a real sense of belonging. Health experts say belonging helps define our sense of identity and satisfies our psychological need for friendship, making us mentally healthy.

Maybe grandad knew that all along.



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commit

Aunt Sally also knew a thing or two about health...

"Tis better to give than receive" she used to say.

To us kids, receiving was much better than giving! But now I know what she meant. I'm a volunteer for a local group that takes disadvantaged kids on outings.

The kids have a great time, and although it's pretty demanding, so do we. In fact I think we get more out of these outings than the kids do. All volunteers will tell you the same thing. Giving your time and energy for a good cause makes you feel really good about yourself.

Health experts say that doing good deeds adds meaning to our lives and helps our self-esteem - all of which are good for our mental health and feeling content with who we are.

I think Aunt Sally already knew that. No wonder she encouraged us all to take up a cause and get involved in local community issues.



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Want to get involved?

The Act-Belong-Commit project is aimed at giving people opportunities to enhance their mental health. It's based not only what health experts think, but what ordinary people - like Nana and Grandad - already know is good for our mental health. The more mentally healthy we are, the happier we are and the more able we are to cope with problems and stresses in life.

The trouble is, while we think a lot about how to keep physically healthy, we forget about keeping mentally healthy.

You can get involved by simply doing things you like to do. You could go further and join a group - or get more active in a group you already belong to. Or get involved in community issues or a good cause.

It's as easy as A-B-C : Act-Belong-Commit.

Think about it. Talk about it with a friend. If you'd like to know how you or a group you belong to can get involved, contact us at

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