

7 October 2016

Learn and grow during Mental Health Month

With continual demands on our time and increasing commitments in life, we often neglect our mental health and wellbeing but it doesn't have to be that way. This year, the theme for Mental Health Month in October is 'Learn and Grow' which SWS Mental Health Services Director Dr Claire Jones said carries a simple but important message about taking time to care for your mind.

"When we learn about our mental health and wellbeing, we grow as a whole. It is important that we take time out on a regular basis to care for our minds in much the same way that we take time to care for our bodies," Dr Jones said.

"Eating healthy foods, being active and getting enough sleep does wonders for the mind.

"A number of activities are being held during the month to help with stomping out stigma around mental illness and supporting people on their journey to mental wellbeing," she said.

Mental illness affects one in five Australians¹ every year which is why Dr Jones said it is important to acknowledge and recognise the signs in ourselves and our loved ones.

"It can be easy to get caught up in the continuous cycle of work, sleep, and more work but your body and mind deserve some rest.

"When you're out for a walk or socialising with friends, turn off your mobile phone and be sure to take in the sights and sounds around you.

"You can do a lot to help friends or relatives living with a mental illness, but you also need to look after yourself too.

"Just a few minutes of rest or taking some time for activities that you find enjoyable or relaxing during the day can help you to take care of yourself," she said.

For more information, visit <https://mentalhealthmonth.wayahead.org.au/>

Reference¹:

<http://www.blackdoginstitute.org.au/docs/Factsandfiguresaboutmentalhealthandmooddisorders.pdf>