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## Personal Tips & Strategies Keeping Mentally Healthy



**Get enough sleep.** If this is a new or an ongoing issue for you, take the time to speak to a professional in this area. There are strategies, ideas and practices that can assist (for example, sleep hygiene and stress management) to create good sleep.



**Get enough sunlight.** During the day, whether you are working at home or still in the workplace, make time to see the sun. It improves mood, concentration and helps to starve off depression.



**Reduce alcohol, smoking and other drugs.** Alcohol and other drug use can often be a self-medicating strategy that can increase without many people realising it. Cigarette smoking can create more irritability as more and more time between cigarettes creates withdrawal which can lead to irritability.



**Manage stress** – be it work, personal, familial, relational, financial, or home-related-name it and get on top of it. Stress management can be as elegant as planning or as broad as meditating, exercising, or counselling. All work.



**Get active!** Do not just try something once and declare it a failure; try again. Look at activities that you can do in and around the home (gardening and walking with a neighbour) as well as using Zoom to play bridge with a cousin overseas. Teaching the mind new tricks gives confidence and helps to maintain mental health.



**Find an activity that you like,** that is fun and enjoyable. Perhaps with 2020 being a quiet year, use the time to fine-tune a skill (like a language, instrument, or creative pursuit) that makes you smile.



**Connect, connect, and connect.** Being sociable (in a COVID safe way) helps to reduce worries, stressors, and challenges.



**Help someone else** with either a skill that you have or with your physical strength. When feeling a part of a community, often our sense of loneliness decreases. Loneliness kills more people than cancer, so this connecting is a great way to keep mental health strong.



**Ask for help.** At AccessEAP we are, just like other supports around you, here to support, guide, listen and talk about what is happening for you. Ring, text, email or jump on our website for further support.

Remember, as your EAP, we are here to support you whatever the nature of your concerns. For a confidential conversation with one of our experienced clinical professionals, please contact **AccessEAP** on **1800 818 728**.

