



*This tool was created by members of our clinical team at AccessEAP.*

**Men's Health Week in June and Movember in November.** It is all about promoting men's health and wellbeing. One of the biggest challenges for many men in Australia is opening up and having better conversations that can help with **health** and wellbeing. It's about looking after the body and mind. It's about knowing who to talk to that will be able to listen and understand.

Men's Health Week and Movember encourage us to communicate with mates, colleagues, family and friends. Maintaining those relationships that are supportive and improve overall mental health. While our priorities tend to change with age, more work and family commitments, longer hours at work or life stress in general, can mean we face more challenges and need to cope in different ways. It's a very normal reaction for anyone to feel "I'm not good enough" and believe that everyone else appears to be managing so much better.

The great thing about having a chat is that we can get it out of our head and find ways to deal with what's stressing us. Having that conversation early on can mean that we deal with something in the moment and stop it from escalating into something bigger. It's normal to have moments in life where we feel like we are struggling. If we have had moments where we felt challenged, guaranteed that other men have as well. So it is important to look out for signs in other men and ask them, "R U OK?". Chances are that they will talk to you and break down further issues for them.

We all need to recognise what is going on in our lives so we can work out how to best deal with our stresses, emotions or worries. Just as a football coach would help develop a footballer's skills on the field, AccessEAP coaches you to develop your own coping strategies, ways of thinking and how to work through tough times. These are life skills that can be learned and used when needed.

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Here are some tips to help men reach out in times of need:

- **Take action sooner rather than later.** Don't put off until tomorrow what you can do today when it comes to your mental health.
- **Just having a conversation** is positive for your mental health. It is not a sign of weakness.
- **Maintain social contact**-keep in touch with family and friends. Try a new sport, activity with others which is good for physical health and social connection. Sporting clubs are often just meeting places where playing the sport is a bonus.
- **Make looking after yourself a priority.** Set goals for sleep, exercise and time out, whether that be fishing, football, reading. You can't look after those around you if you can't look after yourself.
- Remember that the best health can be achieved by **looking after both your physical and mental health.** See your GP for regular check-ups and address health issues if and when they present.
- **Ask for help.** Challenging life events happen to us all at some point; no one is immune. Has your loved one or partner suggested you get some help? They may have noticed you are not yourself. Listen to them, call or email us or connect via [AccessChat](#). Equipping yourself with the tools and strategies you need to cope with life's events can be learned. Start with your EAP and a confidential appointment to start kitting up.

For more information or to book an appointment, call us on **1800 818 728** or visit our website, [www.accesseap.com.au](http://www.accesseap.com.au).