

## Fact Sheet

### 7 Tips to Maintain Mental Health



1. **Value your mental health:** mental health is an essential part of an individual's overall health
2. **'Collect' positive emotional moments:** Make a point of thinking about the times when you've felt pleasure, comfort, tenderness, confidence or other positive emotions.
3. **Enjoy hobbies:** A hobby helps bring balance to your life. You're doing something because you want to, not because you have to. There's no pressure. It's a form of mental stimulation too.
4. **Treat yourself well:** It could be a good meal, a bubble bath, a movie, or just sitting in the park enjoying nature. Small daily treats have a cumulative effect.
5. **Live a healthier, more active life:** Eat healthy foods, be active and get enough sleep. Regular physical activity is good for the mind. Share your activity with others; social connections are beneficial too.
6. **Learn how to cope with negative thoughts:** Negative thoughts can be insistent and loud: don't let them take over. Distract yourself or comfort yourself if you can't solve a problem right away. Try seeing the issue from all sides rather than from just one point of view.
7. **Be in the present:** When you're out for a walk or socializing, turn off the cell phone and take in all the sights and sounds around you.

Zonta House Refuge Association provides support services to women who have experienced family and domestic violence, mental health issues, homelessness and other crises enabling them the opportunity to make safe and sustainable life choices. For more information or support, visit our resource page at [www.zontahouse.org.au](http://www.zontahouse.org.au)