

Taking control of your life



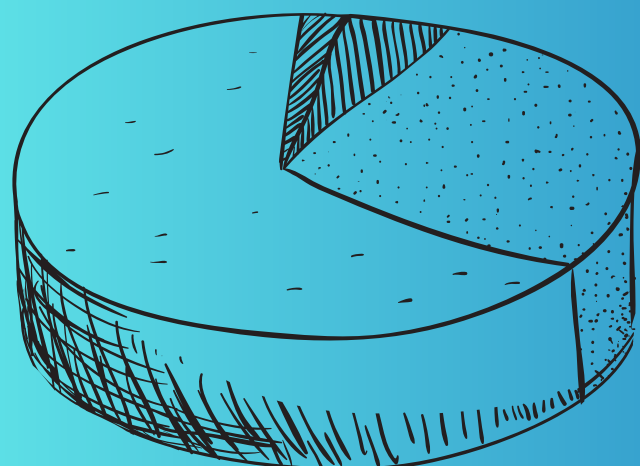


Welcome.

Your first step in beginning this journey about your mental health has begun.

Mental health is a key component of overall health and wellbeing (WHO, 2013). Mental illness can be defined as “a clinically diagnosable disorder that significantly interferes with a person’s cognitive, emotional or social abilities” (COAG Health Council, 2017).

In Australia, one in five (20%) Australians aged 16 to 85 experience a mental illness in any year; the most common of which are depressive, anxiety and substance use disorders. Of the 20% of Australians with a mental illness in any one year, 11.5% have one disorder and 8.5% have two or more disorders. Almost half (45%) of Australians will experience a mental illness in their lifetime (ABS, 2009).



Mental Health has become a very important issue in our society and whether you are really struggling or just want to improve your life, you have taken the first important step by reaching out for help.

You may feel that you are in one of the following situations:

- a) feeling alone and isolated
- b) feeling so busy and worn out and unsure how to positive make changes
- c) feeling overwhelmed and anxious, unsure where to begin your journey
- d) feeling there are consistent issues and situation that have a negative influence on your wellbeing
- e) feeling there is a need to instil good mental health practices but are unsure how to begin.







Well done!
You have
started this
journey
and this
booklet will
help you
find
solutions
to these
situations
and live
the life
you
wanted to
live.

There
are 5
simple
steps to
help you
in this
journey.



1. Recognise your emotions.

Understanding your feelings is the first step toward managing them. Take time to identify what you're feeling and why. Journaling, mindfulness practices, or talking with someone can help clarify your emotions.





2. Recognise what causes stress/triggers negative mental health patterns.

Identifying stressors in your life is crucial for developing coping strategies. Keep a log of situations that trigger negative feelings to better understand patterns and how to manage them.



3. Recognise the need for self care regularly.

Self-care is not a luxury; it's a necessity for mental health. Schedule regular time for activities that replenish you, whether it's exercise, hobbies, spending time in nature, or simply resting. Add these activities weekly to your schedule and make sure you prioritise this, highlighting to yourself that your mental health is important.



4. Recognise the need to set realistic goals and monitor your mental health progress

Establishing small, achievable goals can help boost your confidence and sense of accomplishment. Regularly review your progress and adjust your goals as necessary to continue moving forward



5. Recognise the need to get professional help

Sometimes, self-help is not enough. If feelings of anxiety, depression, or overwhelm persist, seeking help from a mental health professional can provide support, tools, and understanding that can lead to healing.



Need further support?

If you feel that you require any further assistance, please contact us at Life Matters Healthcare.

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