



## Feeling blue? act green!

Contact with nature – whether through parks, natural bush, pets or farm animals – helps us recover from stress and mental fatigue, to relax and puts us in a good frame of mind.

Next time you are feeling like a lift, 'act green': do some gardening, take a walk around the park or head down to the water for some time out.

Better still, don't wait until you're tired or feeling flat. Act green more often – get a group together for a picnic in a natural setting, join a hiking group, join a tree planting group, take up an offer to take a home-bound person out to a park.

## What does it mean to be mentally healthy?

It means that most of the time you feel good about yourself, good about what you do, and good about others. You enjoy the simple things in life, feel fairly optimistic about the future, and are interested in what's going on in the world.

Most of the things we do to keep physically healthy are good for our mental health like being physically active, eating a healthy diet, drinking alcohol in moderation and avoiding illicit drugs.

## How can I get involved?

- Contact Carly Hughes, your local Act-Belong-Commit Coordinator, on (02) 40551892 or visit our website [muswellbrookhealthyandwell.org](http://muswellbrookhealthyandwell.org) for more information regarding activities in your local area
- Visit Muswellbrook Shire Council website [www.muswellbrook.nsw.gov.au](http://www.muswellbrook.nsw.gov.au) or their Facebook page for local events and information
- Visit the Upper Hunter Community Services website [www.uhcs.org.au](http://www.uhcs.org.au) or Facebook page for community directory, local events and services
- Search the web or read the local Muswellbrook newspapers: Hunter Valley News and Muswellbrook Chronicle
- Visit the Upper Hunter Country website [www.upperhuntercountry.com](http://www.upperhuntercountry.com) and Facebook page for local events and news
- Visit Upper Hunter Library Network website [www.uhrl.nsw.gov.au](http://www.uhrl.nsw.gov.au) or [facebook.com/mbkshirelibrary](https://facebook.com/mbkshirelibrary)
- Visit Office of Sports website to find a club near you [www.sport.nsw.gov.au/findaclub/sport](http://www.sport.nsw.gov.au/findaclub/sport)
- Visit Arts Upper Hunter website [www.artsupperhunter.com](http://www.artsupperhunter.com) and [facebook.com/artsupperhunter](https://facebook.com/artsupperhunter)
- Visit Ability Links website [abilitylinksnsw.org.au](http://abilitylinksnsw.org.au) to find a local linker

Being active, having a sense of belonging, and having purpose in life all contribute to happiness and good mental health.

For more information about Act-Belong-Commit:

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# ACT-BELONG-COMMIT

Muswellbrook  
HEALTHY & WELL



[muswellbrookhealthyandwell.org](http://muswellbrookhealthyandwell.org)

Keeping mentally healthy is just as important as staying physically healthy, and it's as easy as **A-B-C...**

# act

Keep active physically, mentally, spiritually and socially.

- Take a walk in nature.
- Catch up with a friend.
- Go for a picnic in the park.
- Try a new recipe.
- Try an activity like yoga which is great for your body and relaxing for your mind.

**Doing an activity in nature - whether it's the park, garden, beach or bush, can give an extra mental health boost. It helps us recover from stress and helps us to relax.**



# commit

Do things that provide meaning and purpose in life.

Set yourself small, manageable goals and celebrate when you achieve them.

- Do a random act of kindness.
- Further develop a skill you have.
- If you regularly attend a group, you may like to consider taking on a volunteer role, or offer to help fellow members with group activities.

**Making a 'commitment' to activities and achieving your goals builds self-esteem, confidence and resilience.**

# belong

Join in club and community events.

Belonging involves building and maintaining friendships and keeping connected to the community.

- Join a group in your community, such as a sports club, arts society or hobby group.
- Make an effort to meet up with family or friends for outings, or nights in together.

**Belonging is a natural human need and important for good mental health.**

