



## Taking action to boost your mental health can help you manage life's daily challenges and improve your overall wellbeing.

Doing mentally healthy activities is an important part of your recovery and will help with any other emotional and practical strategies you have learnt during your recovery.

This will help you feel better, enjoy life more and build your resilience.



For more information about Act-Belong-Commit:  
Ph: (02) 4055 1892 or 0438 264 610  
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## 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

## Need Support?

Here are groups that may provide support. You may already be aware of some of these:

- **WayAhead Directory**  
[directory.wayahead.org.au](http://directory.wayahead.org.au)
- **One Door Mental Health**  
0466 453 078  
[onedoor.org.au](http://onedoor.org.au)
- **Headspace**  
(02) 4931 1000  
[headspace.org.au](http://headspace.org.au)
- **Helping Minds**  
1800 811 747  
[helpingminds.org.au](http://helpingminds.org.au)
- **Lifeline**  
13 11 14  
[lifeline.org.au](http://lifeline.org.au)



# ACT-BELONG-COMMIT IN RECOVERY

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 or at the beach.
- 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 to relax.**



# commit

Do things that provide meaning and purpose in life.

Recovery can be a long process; 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 recovery or support group, 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.**

