

# STAYING MENTALLY FIT

**Staying mentally fit in life requires knowledge and skills about how to protect and promote wellbeing.**

**Mental fitness is something we can build, maintain and grow to help us cope with stress and life challenges. There are many actions we can take to build and maintain our mental fitness, by:**

	Getting good quality sleep		Building positive and respectful relationships in footy and in life
	Regularly keeping physically active		Staying involved and engaged in fun activities, such as footy, that build confidence and give us a sense of purpose, meaning and accomplishment
	Eating a high-quality diet		Giving to others and contributing to a charity or cause
	Avoiding cigarettes and making healthy choices around alcohol and other drugs		Treating everybody with compassion and respect
	Spending time in nature		Recognising when we are struggling and knowing where to go for support
	Learning and practicing relaxation strategies and ways of regulating how we feel		Recognising when others are doing it tough and having the skills to reach out to help them get the support they need
	Learning to manage unhelpful thoughts		
	Learning the social and emotional skills to cope with life stress and solve problems in life		

**Doing these things on a regular basis can enhance our mental fitness and reduce our risk of experiencing mental health challenges. They can also save someone's life.**

## Find out more



AFL PLAY



URGENT HELP

