

STAYING CONNECTED

The Social, Emotional, and Cultural Wellbeing Model highlights the importance of maintaining balance across the seven segments to protect and promote wellbeing.

We can build, maintain and grow our connection to each area to help us feel strong and grounded. There are many deadly actions we can take to stay connected:

-  Get a good quality sleep
-  Express yourself creatively, through art or dance
-  Eating good food to fuel you and your brain
-  Seek knowledge in yarning
-  Regularly keep physically active
-  Recognise and celebrate stories and ways of life
-  Treat everyone with compassion and respect
-  Call on those who came before you and be brave
-  Building positive and respectful relationships in footy and in life
-  Spend time in nature
-  Recognise when you're struggling and know where to go for support
-  Get back on Country
-  Avoid cigarettes and make healthy choices around alcohol and drugs
-  Allow your body time to recharge
-  Learn ways to manage unhelpful thoughts

Doing these things on a regular basis can enhance our social, emotional and cultural wellbeing and mental fitness to reduce our risk of experiencing mental health challenges.