




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 yarns


 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.