



HEALTHY HABITS

Your lifestyle plays a key role in your physical and mental health. If you have healthy lifestyle you are setting yourself up with a foundation from which to stand solid and grow.

By taking small steps to improve your healthy habits you can reduce your risk of chronic disease, improving your physical health and overall brain function.

When life throws stressful or unexpected events a healthy balanced lifestyle can increase your ability to bounce back.

- Eat well – what we eat, and drink affects our overall level of stress and energy. Drink plenty of water, eat healthy balanced meals regularly.
- Sleep well – sleep helps us function well and we all need to allow time for the body and mind to refresh and recover.
- Play well – movement allows your body to produce endorphins, which improves your overall mood. Find a physical activity that you can do and do it regularly.

Are there any changes you can make now?

Any step in the right direction is a good one, no matter how small.

For suggestions or help with new habit forming:

- Yarn to someone you trust
- Research how and write down one or two goals
- Contact the Wollotuka Counsellor or Aboriginal Medical Service

Helpful resources:

- Self-care toolkit <https://www.ahmrc.org.au/publication/self-care-toolkit/>
- Wellmob <https://wellmob.org.au/>



WOLLOTUKA WELLBEING

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