

R U OK? DAY



R U Ok? Day falls in September each year and is an opportunity for family, friends and workmates to reconnect, start a conversation and make a promise to be there for each other more often. It is also a great time to ensure we look after our own mental health, as well as look out for others.

Practical Ways to Look After Our Mental Health



And most importantly, take time to relax

In our fast-paced world it can be all too easy to get caught up in being 'busy' all the time, and many people tend to wear this as a badge of honour. It's essential for your mental health that you find ways to take time out and relax.

We all have different things we find relaxing; what we do isn't as important as actually doing it.

Our brains and bodies would benefit from getting a much needed break from our busyness, allowing them time to replenish and recharge. Here are some things to try:

- Sit outside in the fresh air
- Sit in stillness in your office chair or a chair at home
- Meditate - and focus on your breathing
- Go for a slow, relaxing, aimless walk
- Lose yourself in your favourite TV show, guilt-free
- Read a good book

