



Your Mental Wellbeing

My mental wellbeing activity deck

The next step towards better mental wellbeing is to put your deck into action. Try practising each activity 1-2 times a week, then check in with how you're feeling in one month's time.

Keep learning, Connect more

Join a Men's Shed

Men of all ages and walks of life are welcome at Men's Sheds. They're a place where skills are developed, shared and learned, and social connections are created. Find one close to you on the Men's Shed website.

Australian Men's Shed Association
<https://mensshed.org/>

Take notice, Embrace nature

Pitch a tent in your backyard

Camp outside for a night in your backyard. Enjoy the stars, and experience your garden in a new way.

Get healthy, Take notice, Embrace nature

Take a dog for a walk

Take a dog for a walk and see how they respond to nature. If you don't have your own, offer to walk your friend or neighbour's dog.

Take notice, Embrace nature

Watch the sun rise

Set your alarm and wake up with the sun. It's a great way to appreciate the beauty of mother nature as your day begins.

Embrace nature

Enjoy a meal outdoors

Go for a picnic, or set up an outdoor dining space at home. Not sure where to go? Search for a picnic spot in a national park or forest near you.

Parks and forests with picnic area

<https://parks.des.qld.gov.au/parks/list.php?facility=8>

Take notice, Embrace nature

Do some stargazing

Head outside at night and spend time gazing at the stars. Search for constellations and shooting stars.

Embrace nature

Take a reusable cup

Buy a reusable cup for your take away tea and coffee to reduce waste and feel more connected to the planet.

Get healthy, Embrace nature

Try active transport

Reduce your carbon footprint and improve your fitness by walking, riding or taking public transport whenever you can.

Embrace nature

Reduce your plastic use

Feel more connected to the earth by reducing the amount of single-use plastic you use. Try alternatives like beeswax wraps or paper straws.

Embrace nature

Take up an outdoor hobby

Find a hobby that lets you spend more time outdoors, enjoying the natural world. Whether its surfing, bug collecting, or even outdoor archery.

Get healthy, Embrace nature

Spend a day at the beach

Go for a swim, build a sandcastle, have a picnic and explore the rock pools. To find your nearest patrolled beach, visit the beachsafe website.

SLS Beachsafe

<https://beachsafe.org.au/>

Get healthy, Embrace nature

Try outdoor exercise

Exercising in natural environments can have positive effects on your self-esteem and improve your mood. Just remember to slip, slop, slap, seek and slide!

What is green exercise and should you be doing it?

<https://www.health.qld.gov.au/news-events/news/green-exercise-outdoors-nature-physical-mental-health>

Embrace nature

Don't wait for Clean Up Australia Day

Grab some gloves and a bag and help clean up your patch of this planet, by picking up rubbish at your local park or waterway.

Take notice, Embrace nature

Start a nature journal

Record the places you visit, and the plants and animals you see. You could include sketches, or even press flowers and leaves you collect.

Get healthy, Embrace nature

Finish your food

Reduce food waste by using the food you already have in your fridge before buying more. Plus, you'll discover some amazing new flavour combinations.

Get healthy, Connect more, Embrace nature

Plan activities outdoors

The next time you make social plans, suggest an outdoor activity like bushwalking, a BBQ or picnic in the park.

Take notice, Embrace nature

Go camping

Plan a camping trip to connect with nature and enjoy sleeping under the stars.

Places to camp

<https://parks.des.qld.gov.au/experiences/camping/>

Embrace nature

Try composting

Doing things that connect you to the earth, like composting, can really help you feel good. Collect your food waste and add it to your bin to create rich soil for your garden.

Composting for residents

<https://www.qld.gov.au/environment/pollution/management/waste/levy/residents/composting>

Embrace nature

Get an indoor plant

Bring the beauty of the natural world indoors, by adding a plant to your office or around your home.

Take notice

Ask for help

Notice the moments you feel overwhelmed and ask someone for help. Even a quick chat can help you feel calmer.

Take notice

Play your favourite music

Listen to your favourite music playlist and notice how that makes you feel.

Take notice

Do some colouring

Google 'mindful colouring' to find free printable colouring sheets. You're never too old to enjoy colouring in!

Google results for mindful colouring

<https://www.google.com/search?q=mindful>

[colouring&rls=com.microsoft:en-AU:IE-](https://www.google.com/search?q=mindful)

[Address&sxsrf=ACYBGNT82p1CEsFTbj7hCqFDiPU_Q_M9og:1573](https://www.google.com/search?q=mindful)

Take notice, Embrace nature

Get some sun

Spend some time in the sun and observe how it feels on your skin (remembering to observe sun safety rules as well).

Take notice

Anchor yourself in the moment

Think about five things you can see, five things you can hear, five things you can smell and five things you can feel.

Take notice, Embrace nature

Take a different route

Try taking a different route to work or university and pay attention to your new surroundings.

Take notice, Embrace nature

Go barefoot

Walk along the dirt, grass or beach barefoot and notice how that feels on your feet.

Connect more, Take notice

Be observant

When taking public transport, or as a passenger in a car, disconnect from technology and simply observe your surroundings.

Take notice

Listen to a guided meditation

There are many high-quality, free guided meditations available online. Search 'guided meditation' on Google, YouTube or your favourite podcast app. You can also try the free 10-minute guided meditation from Headspace.

Headspace guided 10-minute meditation

<https://www.headspace.com/meditation/10-minute-meditation>

Take notice

Stay in the present

Be mindful not to spend time worrying about future events or reliving the past. Direct your attention to what is happening here and now and you'll feel more at peace.

Connect more, Take notice

Spend time with animals

Pay attention to how they move their bodies, what makes them excited or calm, and what they choose to explore. Notice how they make you feel when you're around them.

Take notice, Embrace nature

Spend time outdoors

Make time to get outside, breathe in fresh air and take notice of the world around you.

Keep learning

Try progressive muscle relaxation

Progressive muscle relaxation is a technique that involves contracting and relaxing the muscles from head to toe in a sequence. Check out Beyond Blue's MP3 downloads to help get you started.

Beyond Blue's relaxation exercises

<https://www.beyondblue.org.au/get-support/staying-well/relaxation-exercises>

Take notice

Try deep breathing

It's amazing how quickly you regain a sense of peace and calm through deep breathing exercises. The Xhalr website has a visual breathing tool to help you.

Xhalr website

<https://xhalr.com/>

Take notice

Disconnect from technology

Make time each day to disconnect from technology and observe the simple beauty of the world around you.

Get healthy, Take notice

Practice mindful eating

Pay careful attention to the look, the smell, the taste and the texture of your food. Eat slowly. Savour it.

Take notice

Think positive

Take time to check in with your thoughts and consciously change negative thoughts to something more positive.

Take notice, Embrace nature

Try photography

Go outside and spend time taking photos. You don't need a special camera to capture beautiful colours, textures and reflections.

Show kindness, Connect more

Assist the elderly

Volunteer in an aged care facility and connect with the residents. Contact your local centres to find out what you could do. Or, just spend more time helping your own elderly family members or neighbours.

Connect more

Try a local meet up

Join a local group to meet people, try something new, or do more of what you love. Visit the meetup website and start making new friends.

Meetup

<https://www.meetup.com/en-AU/>

Show kindness, Connect more

Forge an inter-generational friendship

Catch up with someone from another generation and talk about their experiences growing up. Check out #OldMate to connect with people of all ages in your area.

#OldMate Queensland

<https://oldmateqld.org.au/>

Connect more

Have a day off social media

Turn off Facebook and Instagram for a day and focus on your real world interactions.

Show kindness, Connect more

Join a community group

Join a community group and give your time to a worthy cause. It could be a sporting club, neighbourhood watch or even your local choir.

Find a community group

<https://www.qld.gov.au/community/your-home-community/groups-in-your-community/groups>

Connect more

Put your phone away

Put your phone down when you're talking to people so it doesn't distract you from your conversation. It will make them feel better too, knowing they have your full attention.

Show kindness, Connect more

Send a handwritten letter

You might send a letter to say thank you, to celebrate a birthday, to accept an invitation, or even with a holiday card.

Connect more

Catch up with old friends

Make contact with an old friend you haven't seen for a while to arrange a catch up.

Connect more

Go out to lunch

Get out of the break room and arrange to have a weekday lunch with a friend or colleague.

Keep learning, Connect more

Connect over work

Reach out to someone, at work or university, who's work you are interested in. People love talking about their passions.

Show kindness, Connect more

Bring friends together

Introduce friends who you think might have something in common.

Connect more

Introduce yourself

Go out of your way to introduce yourself to someone new at work, university or in your community.

Connect more

Play a board game

Switch off the TV after dinner and play board games with your family or house mates.

Connect more

Schedule a regular catch-up

Build a regular catch-up with friends into your routine - weekly, monthly or more. Setting a regular date is great way to see more of your friends.

Keep learning, Connect more

Join a book club

Join a book club and share your reading experience with like-minded people. Find one at your local council library, start one yourself, or search Meetup for a book club near you.

Book club events

<https://www.meetup.com/en-AU/find/book-clubs/>

Connect more

Get out of your social comfort zone

Say yes to a social event or outing you normally wouldn't go to. You'll meet new people, and maybe even make new friends.

Connect more

Call instead of texting

Having a real conversation can have a much more positive effect on your wellbeing than sending a text.

Get healthy, Keep learning, Connect more

Join a team

Take part in a regular social sporting activity. To find sporting clubs and fixtures near you, visit the link below.

Joining a sport or recreation club

<https://www.qld.gov.au/recreation/sports/joining-club>

Show kindness, Connect more

Do something nice

Try performing a random act of kindness for someone and notice how that makes you feel.

Show kindness

Make a donation

Donate time, money, or unwanted goods to a good cause. GIVIT is a not-for-profit organisation connecting those who have, with those who need.

GIVIT - Goods for Good Causes

<http://www.givit.org.au/>

Show kindness, Connect more

Start a gratitude jar

Write down something you're grateful for each day and place it in an empty jar or container to reflect on at a later time. Get your whole family or workplace involved. When it's full, take turns to read aloud the things everyone is grateful for.

Show kindness, Connect more

Try complimenting someone

Aim to give at least one genuine compliment every day. You'll feel good, and so will they.

Show kindness, Connect more

Leave positive notes

Become a sticky note ninja. Try sticking post-it notes with nice messages written on them around your house or workplace.

Show kindness

Donate blood

Roll up your sleeves and donate blood. Your generous donation could help save three lives.

Donate blood

<https://www.donateblood.com.au/>

Show kindness, Connect more

Become a volunteer

Volunteer in your local community. You could join a community group, or volunteer your time at a local school, hospital or animal shelter.

Volunteering Queensland

<https://volunteeringqld.org.au/>

Show kindness

Think before you speak

Take a moment to pause before you speak to make sure your words are kind and positive.

Show kindness, Connect more

Become a mentor

Sign up to a mentoring program and give your time to support someone's growth. You don't have to be an expert, just ready to help.

Show kindness, Connect more

Say please and thank you

Make a conscious effort to say please and thank you to everyone. You'll be surprised at the positive response you get from such a simple act.

Show kindness, Take notice

Help a neighbour

Offer to take out or bring in a neighbour's rubbish bins, or to help them with yard maintenance.

Show kindness, Connect more

Talk to a stranger

Try talking to the guy who makes your coffee, or the woman who serves you at the supermarket. Even quick conversations are great mood boosters.

Show kindness, Connect more

Ask 'how are you'?

Really listen to someone's response when you ask "how are you?". You may make a huge difference in their day.

Show kindness, Connect more

Offer support

Reach out to a friend or relative who may need support or company. A little human kindness can go a long way.

Show kindness, Connect more

Say thank you

Say “thank you” to someone for something they’ve done for you. It could be in the moment, or for a kind deed in the past.

Show kindness, Connect more

Smile at a stranger

Try smiling at a stranger as you pass by - you never know how much it could brighten their day!

Show kindness

Collect coins for charity

Put small change to good use by collecting your loose coins in a 'giving' jar. When its full, donate it to a charity or community cause.

Show kindness, Connect more

Share your gratitude

Try sharing something you are grateful for in conversation. Not only will you feel good, but you'll share your positivity with others too.

Keep learning

Listen to a podcast

Immerse yourself in a podcast in your area of interest. If you're not sure where to start, try the Queensland Health My Amazing Body podcast, which explores interesting, unknown and misunderstood parts of your body.

My amazing body podcast

<https://www.health.qld.gov.au/news-events/podcast>

Keep learning

Watch a foreign film

Watch a foreign film and see what you learn about the language and culture. Search the world movies available for free at SBS On Demand.

SBS On Demand

<https://www.sbs.com.au/ondemand/>

Take notice

Brush with the other hand

The everyday task of brushing your teeth is a perfect opportunity to practise mindfulness. Try focusing on how the toothbrush feels brushing over each tooth, the taste of the toothpaste and the feeling of doing this repetitive activity in a different way.

Keep learning

Take on a DIY project

Learn how to fix a broken bike or a squeaky door. You'll find plenty of free tutorials on YouTube to get you started.

YouTube

<https://www.youtube.com>

Keep learning

Watch a documentary

Turn movie night into a learning opportunity with a great documentary. Search for titles online or try the 'on-demand' apps provided by free-to-air TV stations.

Keep learning

Do a puzzle

Challenge your mind with a sudoku or crossword. Check your local newspaper or find free puzzle apps and websites online.

Keep learning

Try something new each week

Challenge yourself to try one new thing each week. It could be a new recipe, hobby or even a new type of exercise.

Take notice

Revisit an old favourite

Re-read your favourite book, or re-watch your favourite childhood movie - see if it makes you feel the same way.

Keep learning

Read something different

Try reading a book from a genre you don't usually choose. Have a look at your community library, or borrow an ebook online from State Library of Queensland.

State Library of Queensland's Ebooks

<https://www.slq.qld.gov.au/research-collections/information-collections/eresources/eBooks>

Keep learning

Create something new

Creating something from scratch can have a positive effect on your wellbeing. Try an art class or craft workshop, or get out your tools and let the creative juices flow.

Keep learning

Visit an art gallery or museum

If you don't have any galleries near you or you can't get out of the house, why not explore virtual exhibits via Google Arts and Culture.

Google Arts & Culture

<https://artsandculture.google.com/>

Keep learning

Take up a new hobby

Having a hobby is the perfect way to relax and lose yourself in an activity you enjoy. Try knitting, writing fan fiction, or learn how to DJ.

Keep learning

Develop your professional skills

Spend time on professional development. You could book a short course, join an online career group or even subscribe to an industry newsletter.

Keep learning

Learn a new skill

Follow an online tutorial and learn how to do something new. You can join State Library of Queensland for free access to Lynda.com - an eLearning platform that includes over 5,500 courses and 136,000 video tutorials.

Retraining or upgrading your skills

<https://www.qld.gov.au/jobs/education/upgrade>

Keep learning, Connect more

Discover your family history

Researching your family history is a great way to activate your mind, spend more time talking to your relatives and connect with your roots. Get started at the State Library of Queensland website.

State Library of Queensland's Family History collections

<https://www.slq.qld.gov.au/research-collections/family-history>

Keep learning, Connect more

Visit your community library

Borrow a book, or take part in a class or workshop at your local community library. Libraries have activities for both kids and adults.

Find a public library

<https://www.slq.qld.gov.au/how-do-i/find-public-library>

Get healthy, Keep learning, Take notice

Give yoga a go

Yoga focuses on strength, flexibility and breathing to boost your physical and mental wellbeing. Find a free online video and try it for yourself.

Search 'Yoga' on YouTube

https://www.youtube.com/results?search_query=yoga

Get healthy, Connect more, Embrace nature

Join a walking group

Walking in a group can help you reduce stress and build connections with others in your community. Find a walking group near you.

Find walking groups in Australia

<https://walking.heartfoundation.org.au/walking>

Get healthy

Try Sunday meal prepping

Take time to pre-prepare your meals for the week. You could save time and money, plus you'll set yourself up for a week of healthy eating.

Healthy recipes

<https://www.healthier.qld.gov.au/food/recipes/>

Get healthy

Stand up more

Look for opportunities in your day to stand up, instead of sitting down. If you work in an office, consider switching to a standing desk.

Get healthy

Create a consistent bedtime routine

Let your mind and body know that it's time to wind down by creating a relaxing bedtime routine. Try reading, listening to music, having a warm bath or shower, or deep breathing exercises.

10 steps to better sleep

<https://www.health.qld.gov.au/news-events/news/10-steps-to-better-sleep>

Get healthy

Reduce your caffeine

Caffeine is a stimulant. It wakes you up in the morning, but can also keep you up at night. Try cutting out caffeine during day for a better night's sleep.

Get healthy

Drink 2 litres of water a day

Staying hydrated keeps your body functioning at its best. Tired of water? See the Healthier. Happier. website for ideas to spruce up your H₂O.

5 ways to make water more colourful

<https://www.healthier.qld.gov.au/guide/5-ways-to-make-water-more-colourful/>

Get healthy

Go to bed early

Getting even an hour of extra sleep can have big benefits for how you feel the next day. Making sure you get enough sleep will help make sure your brain and bodies are rested enough to respond positively to daily challenges.

10 steps to better sleep

<https://www.health.qld.gov.au/news-events/news/10-steps-to-better-sleep>

Get healthy, Embrace nature

Try stand up paddle boarding

Stand up paddle boarding exercises the whole body.

Get healthy, Show kindness, Embrace nature

Exercise for a cause

Not only does taking part in a fun run or charity exercise event get you moving, helping others also comes with bonus feel good benefits.

Get healthy, Connect more, Embrace nature

Join in a Parkrun

Parkrun is a global organisation that runs free, weekly 5km runs all over Queensland. Don't worry, you don't have to run, and children and dogs are welcome to join in the fun. Get involved in the community and get active at the same time. Visit the Parkrun website to find one in your area.

Parkrun Australia

<https://www.parkrun.com.au/>

Get healthy, Embrace nature

Try a free exercise class

Local councils run free exercise classes in parks and community places around Queensland. Head to your local council website to find out more.

Get healthy, Take notice, Embrace nature

Grow your own fruit and veg

Growing your own produce is a great way to help increase your daily fruit and vegetable intake. Not only will it help you eat seasonally and save money, but gardening helps you stay physically active. Visit the Healthier. Happier. website to find out how to get your garden started.

Get started with gardening

<https://www.healthier.qld.gov.au/guide/get-started-with-gardening/>

Get healthy, Embrace nature

Take a lunchtime walk

Break up your day with a walk at lunch. The fresh air and exercise will get the blood and oxygen pumping, which can help improve your focus.

Get healthy

Just dance

Put on some music and bust a move. It will get both your heart and the bassline pumping. Dancing combines all the benefits of listening to music and exercising. It is an enjoyable way to be more physically active and is suitable for people of all fitness levels.

Get healthy

Take the stairs instead of the lift

Don't miss an opportunity to get your body moving. Every step counts towards your daily physical activity goals.

Get healthy

Go screen-free before bed

Try switching off all screens at least 30 minutes before bedtime. Reducing your exposure to the bright artificial light makes it easier to fall asleep.

Get healthy, Keep learning

Get creative in the kitchen and try a new recipe

Fuel your body with a new, nutritious recipe. Check out the Healthier. Happier. website for free recipe inspiration.

Healthy recipes

<https://www.healthier.qld.gov.au/food/recipes/>

Get healthy, Embrace nature

Ride your bike

Bike riding is a great way to improve your physical fitness and it is easy on your joints. Hop on your bike and try one of the hundreds of paths around Queensland.

Cycling routes and bike maps Queensland

<https://www.bikemap.net/en/l/2152274/>

Get healthy, Embrace nature

Try an outdoor gym

You'll find free outdoor exercise equipment in parks and community places around Queensland. Jump on and give it a go, and don't forget to slip, slop, slap, seek and slide.

Get healthy, Embrace nature

Take a hike

Get moving and enjoy the serenity of the natural world with a hike in the great outdoors. There are tracks to suit every fitness level. Your body and mind will thank you for the fresh air and physical exercise.

Aussie Bushwalking

<https://www.aussiebushwalking.com/>

Get healthy

Take the 10,000 step challenge

Challenge yourself to walk, jog or run 10,000 steps each day. This is a great way to be more active and will help improve your overall health. Try building the intensity to make sure you get the recommended 30 minutes of moderate physical activity per day. You can track your steps using an app or step counter.

10,000 Steps Challenge

<https://www.10000steps.org.au/>