

## Individual Actions to Build Mental Health & Resilience

Proactive Work-Life Balance Category	10 Ways to Build Mental Health	Practical Actions (examples) – Start Today
Manage your Time & Priorities	1. Progress your Meaningful Goals	<input type="checkbox"/> Review your goals/needs/values/purpose if life <input type="checkbox"/> Engage in meaningful activity (work, family, learning, helping others etc) <input type="checkbox"/> Take steps, notice progress, celebrate wins
	2. Plan & Problem-Solve (Approach)	<input type="checkbox"/> Make time, use lists, plan ahead (in doses) <input type="checkbox"/> Take 2 – stop, think, plan, do, (review) <input type="checkbox"/> Determine steps, resources, solutions
Manage your Thoughts & Attitude	3. Develop Self-Belief & Strengths	<input type="checkbox"/> Use your strengths & keep learning <input type="checkbox"/> Take an 'I can do it' approach <input type="checkbox"/> Be self-aware, recall the accomplishments
	4. Use Positive Thinking (& attitudes)	<input type="checkbox"/> Positive (helpful) versus negative “self-talk” <input type="checkbox"/> Set realistic expectations & self-compassion <input type="checkbox"/> Choose positive perspectives, mottos & Gratitude
Manage your Stress & Emotions	5. Identify Stress Triggers & Signs	<input type="checkbox"/> List what triggers your stress/worry/anger <input type="checkbox"/> List your early warning signs of stress <input type="checkbox"/> Ask your social support to tell you what they notice
	6. Manage Stress & Self-Composure	<input type="checkbox"/> A method of self-composure (stop, relax) <input type="checkbox"/> Regular feel-good activities (positive emotions) <input type="checkbox"/> A method to de-stress, unwind, let go, switch-off
Manage your Energy & Health	7. Rest & Relaxation - Regularly	<input type="checkbox"/> Rest, breaks and holidays when due <input type="checkbox"/> Hobbies & interests (absorbing, relaxing) <input type="checkbox"/> Mindfulness, deep breathing & meditation
	8. Build Healthy Lifestyle Routines	<input type="checkbox"/> Healthy, balanced diet & substances <input type="checkbox"/> Good sleep (7-9 hours) <input type="checkbox"/> Exercise, physical activity (including walking)
Manage your Relationships & Communication	9. Build Positive Relationships	<input type="checkbox"/> Affirm (thank) your caring relationships <input type="checkbox"/> Assertively communicate your needs & concerns <input type="checkbox"/> Spend quality time building connections
	10. Seek Help from Others (Early)	<input type="checkbox"/> Identify who you'd talk to when needed <input type="checkbox"/> Ask for support, info, tools from others <input type="checkbox"/> Regular check-up (Doctor/Health Professional)