

The Health Letter

R U OK? - Day

8 September 2022

I want to dedicate this Health Letter to the topic of mental health. Mental health includes how we feel emotionally, psychologically and our social-wellbeing. Our mental health will impact our thinking, emotions, what choices we make and how we act. When we talk about 'health', we often think of exercise and nutrition and often forget about the mental side of health. If we are mentally struggling in life, we will likely battle with other health-related aspects. If we aren't 'okay', things like eating healthy or keeping up with exercise are likely not a priority. Therefore, I am a big promoter of caring for your mental health.

The different aspects of health can also impact each other. If you eat poorly and don't move your body, you may struggle mentally. This is why I'm devoted to how I eat and exercise. That is also the reason that made me want to work in health promotion. I learnt that the best way to make myself feel better, mentally, was by taking care of my body, inside and out.

To live a healthy, thriving life, we need to care for ourselves mentally, physically and socially.

You might have heard about the 'R U OK?' day before. It is an Australia-wide campaign to raise awareness and encourage people to take action. The idea is to inspire people and promote asking others if they are okay. It is a beautiful concept, and really, a simple question like 'Are you okay?' can go a long way.

On the R U OK? website, there are many resources that can help you when it comes to starting a conversation with someone who might be struggling or finding help yourself.

Find out more:

www.ruok.org.au