

men's health week self-care challenge

Looking after your mental health is just as important as looking after your physical health. It's important to take small steps each day to maintain a healthy headspace and create healthy habits. Sometimes it can be tricky to know where to start, so headspace is here to help! Try our self-care challenge by completing 5 activities in a row during Men's Health Week... you might be surprised at the difference a small step can have on your mental health and wellbeing!

For more tips, visit headspace.org.au/tips

See a doctor for a health check up	Check in with a male in your life to see if they are OK	Eat 2 serves of fruit and 5 serves of vegetables	Get 8 hours of sleep	Schedule in regular times to catch up with your mates or family
Do a digital detox and reduce your screen time	Try meditation or relaxation exercises to clear your mind	Plant something in the garden and look after it to help it grow.	Use artwork to express your feelings	Give yourself some TLC to boost your wellbeing
Stay hydrated. Drink 2L of water	Go for a walk in nature and explore your local area	Do something you enjoy!	Make a list of things you are grateful for	Find someone that you can trust to that you can talk to about your feelings
Be kind to yourself, practice positive self talk	Try breathing exercises when you're feeling overwhelmed	Get creative and make a nutritious meal with a mate	Play a board game or complete a puzzle	Listen to things that make you feel happy - podcast or favourite playlists
Create a to-do list to help you achieve your goals this week	Go for a skate around the block or at a skate park	Learn a new skill with your mates	Have a conversation with your family or friend about your day	Take some time out. Watch your favourite movie or series