

Maintaining Wellbeing

Sleep



Sleep helps our bodies and brains to recover. Set regular times for going to bed and waking up.

Food/Drink



Food fuels our body and mind. Eat regular healthy meals throughout the day and drink plenty of water.

Exercise



Exercise supports our physical and emotional health, and can boost our mood! Be physically active throughout the day.

Relaxation



Relaxation can help give our body more energy and calm our mind. Find a calming activity to do at least once a day, in a quiet place.

Fun



Having fun makes our brains and bodies feel great! Find activities that you enjoy and do them regularly throughout the day.

Social



Socialising with friends and family supports our emotional and mental health, and boosts our mood! Talk to friends or family daily!



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