



PLAN:

4 steps to better mind health



ALCOHOL+DRUGS:

- Socialising is crucial for recovery
- Lifestyle makes cutting back hard
- Plan a reason for saying no before going out

YOUR REASON:



EXERCISE: TIPS

- Exercise boosts mind health
- Choose cardio
- Pick something you love
- Min. 30 minutes, 3 x weekly

YOUR EXERCISE:



SLEEP: TIPS

- Better sleep does wonders
- Investigate strategies to improve sleep

SLEEP STRATEGIES:



CONNECT: TIPS

- Visit GP - be honest
- Confide in right mate

GP: NAME + NUMBER

MATE: NAME + NUMBER

