



Little things you can do

- * Get out of bed at your usual time each day.
- * Make time for study or work.
- * Cook healthy meals.
- * Set aside time to engage in mindfulness meditation, relaxation to get on with a hobby.
- * Go to bed at the same time as usual.
- * Make time to connect with others each day.

If you are feeling anxious or worried, talk to a friend or family member or for more information or to try the mental health check up tool visit [thinkmentalhealthwa.com.au](https://www.thinkmentalhealthwa.com.au)