



## 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, or 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)