

Quick fixes are not the answer.

There are a number of things you can do to get a quick, short-term break from stress. The effects from these do not last for long and could do more harm than good. Some examples include:

- Taking recreational drugs, such as marijuana.
- Spending too much of your money on gambling or gambling more than you can afford.
- Smoking cigarettes.
- Alcohol binge drinking.
- Drinking too much caffeine- e.g. coffee, cola & energy drinks.
- Eating too much junk food.
- Spending too much on 'Retail Therapy'.

So how do people have fun?

There are lots of different ways to have fun. You can get relief from stress and look after your mental health by trying some of these:

- Reading
- Being with friends
- Going to the movies
- Doing some gardening
- Cooking for yourself or others
- Going for a walk
- Having a bubble bath
- Listening to music
- Getting a massage
- And many other ways.....



Fun is different for everybody. There are lots of different ways to have fun.

How to have fun every day

If you feel like you don't have the time or energy to have fun, here are some simple tips on how to put fun into your daily life:

- Make time for yourself everyday – even 15 minutes counts
- Find a friend with similar interests
- Try something new
- Get a pet
- Try and see the funny side of life
- Do something spontaneous
- Spoil yourself occasionally
- Go somewhere you've never been before
- Do something for someone else
- Go on a picnic
- Try fishing
- Phone an old friend
- Pick some flowers
- Join a club or team

Where can I go to have Fun?

You can have fun anywhere, you don't have to travel far or spend a lot of money to have a good time. Fun can be experienced in your backyard, in your home, or out in the community:

- Beaches
- Parks
- Museums
- Art galleries
- Pools
- Community centres
- Wetlands centres
- Walking / cycling tracks
- Festivals
- Libraries
- Volunteer organisations



Information on all these places can be found at your local council. Check the yellow pages and local papers for what is happening in your local community.

When you have fun you can feel:

Fabulous Unreal New again



For additional copies of this brochure, or further information about Life Activities, call (02) 4929 5858 or visit our website at www.lifeactivities.org.au



Proudly supported by Industrial Galvanizers Corporation

www.indgalv.com.au

HELPFUL TIPS FOR THE DAY

LAUGH

L Like Yourself

A Accept Yourself

U be Understanding of yourself

G Giggle or Smile today

H Have Fun

It is important to find a balance in your relationships work, diet, leisure & exercise!

Good Mental Health and Fun



This brochure will provide you with information about the importance of fun in your everyday life. It includes helpful tips to assist you to identify different ways to enjoy yourself and have fun. The card on the back has some information and suggestions to help you find a balance in your life of work, rest and fun.

What Is MENTAL HEALTH?

Mental Health is made up of things like being able to cope with changes and setbacks, feeling good about yourself and being in control of your life. You probably think that your mental health is fine and doesn't need any attention, but you may be taking it for granted.

Why is good Mental Health important?

If you start to feel stressed, swamped with work and responsibilities, or emotionally drained, your mental health may be suffering. If nothing is done it can lead to serious mental health problems such as depression or anxiety.



How can I look after my Mental Health?

In order to look after your mental health it is essential to find a balance between work, rest and fun. Making time for fun is a very important part of good mental health.



Look after yourself. You are important.

What is fun?

Fun is anything that is enjoyable or amusing. In our busy lives today, we can forget how important it is to have fun. Fun can be different for everyone.

Fun is anything that you enjoy doing. It can be spur of the moment or planned. You can have fun by yourself or with other people.



What are the benefits of fun?

When you have fun, it has a positive effect on your body and mind. Fun helps to reduce stress and anxiety. It also decreases the risk of depression. When you're having fun, it is easy to forget about everyday problems. This helps you to relax and feel better about yourself. It can also help to put other problems into perspective.



Having fun can improve your overall quality of life by increasing your:

- Independence - feeling like you don't have to depend or rely on anyone.
- Freedom - your sense of feeling free and unrestricted.
- Self-Esteem - having a good opinion of yourself.
- Leadership Skills - being someone that shows others the way to go.
- Social Skills - your ability to mix and socialise with others.
- Creativity - being imaginative.
- Problem Solving Skills - being able to find solutions to puzzles or questions.
- Communication Skills - to be able to tell people what you are thinking and feeling.
- Conflict Resolution Skills - your ability to settle conflicts or arguments and also being able to work out solutions.
- Assertiveness - being able to express your needs and wants, and negotiate with others in a confident and positive way.
- Sense of Humour - being able to see the funny side of things.



There are many personal benefits of having fun.

When could you use some more fun?

EVERYBODY needs to have fun. We all need enjoyment in our lives.

But if you are feeling:

- Down
- Sad
- Depressed
- Angry
- Unmotivated
- Scared
- Overworked
- Stressed



You could really use some fun.

Work, rest and fun: How to find a balance

Finding a balance between work, rest and fun is essential. Here are some ways to help you find that balance:

- Stay active - try to do some sort of exercise every day. It is important to make sure that it is something you enjoy doing.
- Maintain a routine - try to get regular sleep, try waking up and going to bed at around the same time each night, try to eat your meals at around the same time each day, and plan what you will do each day.
- Take care of your body - try to eat a balanced diet and limit coffee, cigarettes, alcohol and other drugs. Many over the counter drugs aren't that helpful either.
- Make time for leisure activities - find an interest or hobby that is important to you and try and stick with it.
- Nurture positive relationships with family and friends - make time to see your family and friends.
- Find something that gives your life meaning - you may find meaning helping others, through volunteering your time and energy.



It is important to find a balance in your relationships, work, diet, leisure and exercise.

How can having fun help my mental health?

Fun helps you to feel good about yourself. This has a positive effect on your mental health as you develop better ways of coping and managing everyday situations.

This can improve your overall quality of life especially in areas of:

- Work - remember work doesn't have to be paid, it can be just as meaningful and fulfilling if it is un-paid, within the home or voluntary.
- Relationships - having fun will have a positive effect on your relationships with family, friends and your partner.
- Self Care - your appearance, hygiene and physical health may also improve along with your mental health.
- Spirituality - this also includes your beliefs, values, ethics and morals.
- Emotional Wellbeing - the way you feel about yourself and your sense of personal identity will also improve.
- Physical Wellbeing - you may see some improvements in your health and fitness as a result of having fun.

5 EASY STEPS TO HAVING FUN

1. Find an interest or hobby that you value.
2. Spend time with people who make you feel good.
3. Do something active.
4. Keep up to date with what's happening in your community
5. Try something new

