









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**