

get  
*creative*  
for health &  
happiness

*keeping mentally healthy  
can be like navigating  
a maze...*





**Find your way through the maze**

*... and write a message of inspiration to a friend*

Being creative is a  
great way to **Act-Belong-Commit**  
for your mental wellbeing



**Act**

*Do something*



**Belong**

*Do something with someone*



**Commit**

*Do something meaningful*



#actbelongcommit | @actbelongcommit

**actbelongcommit.org.au**