



This *Journal* belongs to

.....

actbelongcommit.org.au

Being mentally healthy feels good! Get on the

front foot with your mental health and wellbeing.

This Act Belong Commit Journal is for you.

How you fill these pages is up to you. This journal is your place to keep track of things. It's a place for you to think, question, write, draw, and dream. It's an opportunity to consider the things that really matter, where you are today and what you want for tomorrow.

Take some time to think about how you can live a mentally healthy life; by staying active, connecting with your creative community, and doing something truly meaningful for you.

That's the message of Act Belong Commit.

Act Do something.

Keep active mentally, physically, socially, spiritually, culturally...

Belong Do something with someone.

Keep connected to friends, family and your community.

Commit Do something meaningful.

Do something meaningful, important or valuable to you.

Get started today!

For more tips and inspiration, visit actbelongcommit.org.au



**Be
kind
to your
mind.**

A sheet of lined paper with 20 horizontal purple lines. The paper is set against a light blue background with a faint image of a sky and clouds. The top right corner of the paper is rounded.



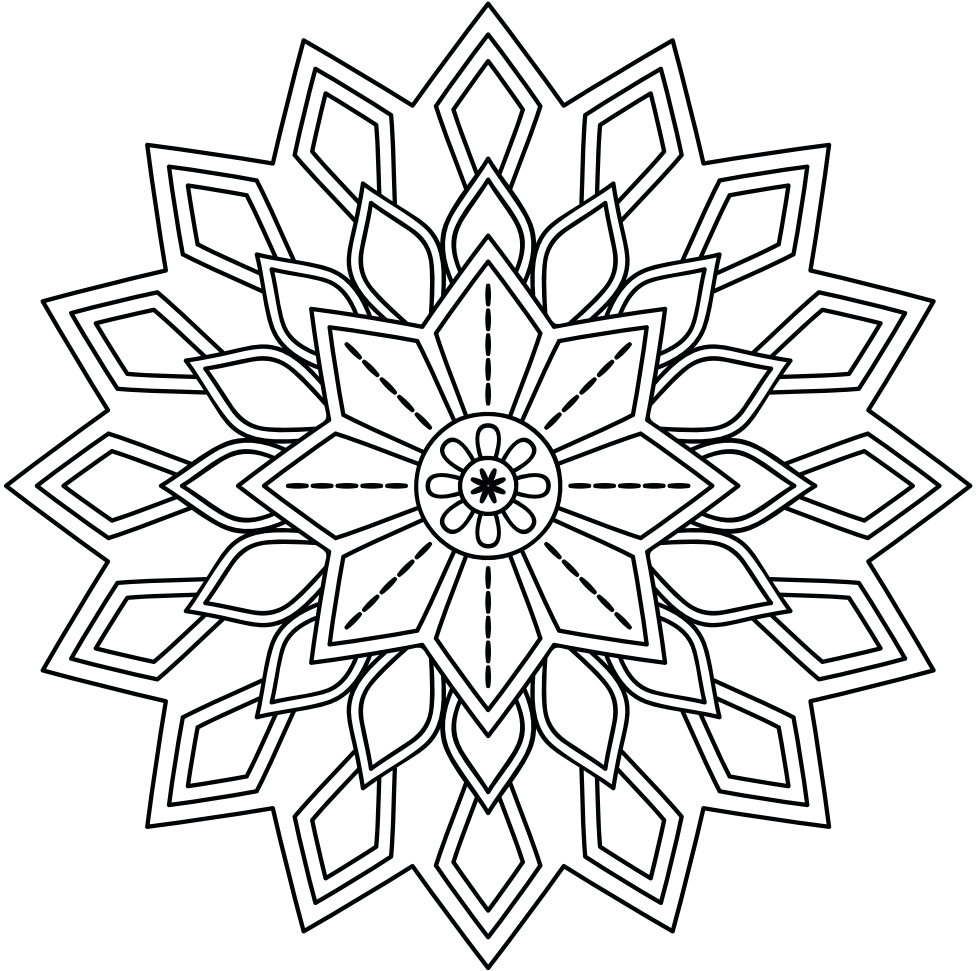


Commit
to something
meaningful.
Giving
feels good.

A large white rounded rectangular area with horizontal purple lines, serving as a writing space. The background is a blue sky with white clouds.

A sheet of lined paper with 20 horizontal purple lines, set against a background of a blue sky with white clouds. The paper is white with rounded corners and is positioned in the upper half of the page.

Mindful Colouring



Acting with mindfulness is one of the many ways you can keep mentally healthy.

Mindfulness is paying attention to the present moment with openness, curiosity and without judgement. It's not just for when you are feeling stressed or unwell, it can help any of us enjoy a more fulfilled life. Enjoy some mindfulness today by colouring in this mandala.



A large white rounded rectangle with a purple border and horizontal purple lines, serving as a writing area. The lines are evenly spaced and extend across the width of the rectangle. The background of the page is a blue sky with white clouds.



Get on the
front foot
with your
mental health.



Mindful Colouring





A large white rounded rectangle with a purple border and horizontal purple lines, serving as a writing area. The lines are evenly spaced and extend across the width of the rectangle. The background of the page is a blue sky with white clouds.

Act Belong Commit Mood Diary

This Act Belong Commit Mood Diary will help you reflect on your mood before and after your act, belong and commit activities. Record the activities and your mood over a week and then take some time to look over the diary and see how living an active lifestyle affected your mood.

Day and time	Mood before activity Rate your emotions on a scale of 1-10 (where 1 is terrible and 10 is fantastic) or just write down how you feel.	Act	Belong	Commit

Some examples of activities can be:



Go for a walk with a friend



Get out in nature



Join a new group or club

You can note how much enjoyment you gained from the activity, how it felt to clear your head and unwind, whether you felt a sense of accomplishment or how you felt after spending time with friends.

Activity

What was the activity? Who was it with? For how long? Tick which domain the activity was in (it can be one or all three).

Mood after activity

Rate your emotions again on a scale of 1-10 (where 1 is terrible and 10 is fantastic) or just write down how you are feeling after being active.



Connect with family and friends



Volunteer for a cause you care about



Learn something new and challenge yourself

Day and time	Mood before activity Rate your emotions on a scale of 1-10 (where 1 is terrible and 10 is fantastic) or just write down how you feel.	Act	Belong	Commit

Activity

What was the activity? Who was it with? For how long? Tick which domain the activity was in (it can be one or all three).

Mood after activity

Rate your emotions again on a scale of 1-10 (where 1 is terrible and 10 is fantastic) or just write down how you are feeling after being active.

A large white rounded rectangle with horizontal purple lines, serving as a writing area. The background is a blue sky with white clouds.





WEEKLY PLANNER

What I'd like to achieve this week:

.....
.....



Act



Belong



Commit

Monday	Tuesday	Wednesday
e.g. Swimming 9am.	e.g. Do a game of Sudoku or a crossword	e.g. Walk to the shops or to a park
e.g. Call an old friend or family member		e.g. Meet a friend at a coffee shop
	e.g. Donate to charity	

Act Do something.

Things like...

- Go for a walk
- Meditate or pray
- Get out in nature
- Do some yoga
- Do a crossword
- Read a book
- Dance
- Go swimming
- Do the gardening...

Belong Do something with someone.

Things like...

- Join a local sports or book club
- Meet up with friends or family for an outing or do something together

The highlight of my week was:

.....
.....

.....

.....

.....

Thursday	Friday	Saturday	Sunday
e.g. Listen to or play some music	e.g. Read a book	e.g. Plant something green	e.g. Go for a beach walk
	e.g. Go online to find a new club or group to join		e.g. Meet a friend at your local market
	e.g. Learn a new song on a musical instrument	e.g. Help a neighbour	

Commit Do something meaningful.

- Connect with your neighbours
- Find out from the council what events are happening in your community...

- Things like...**
- Learn something new
 - Help out a friend or neighbour
 - Volunteer
 - Take on a challenge
 - Commit to a cause

For tips and inspiration visit: actbelongcommit.org.au

- Take our **Mental Wellbeing Quiz** to rate your involvement in mentally healthy activities.
- Explore our **Activity Finder** to find an activity that interests you.

A blank page from a journal with a purple header and footer. The page is white with horizontal purple lines for writing. The background of the page is a light blue sky with white clouds. The page is numbered 25 in the bottom right corner.





**Being
mentally
healthy
feels
good!**

actbelongcommit.org.au



Mentally Healthy WA