

# ACTION PLAN

If you had a broken leg you'd get help. If we have a challenge with our mind we need to seek and get that same help.

Setup, create & maintain 4 steps to better mind health.



## CONNECT

- Talking honestly about how you're thinking, feeling and behaving can seriously fast track your recovery
- FRIEND Connect
  - Confide in a trusted mate
  - Be able to talk to them 24/7
- Visit your GP
  - Share how you're thinking, feeling & behaving



Who are 2 trusted friends?

1.

2.

Who is your GP?

Name:

Phone:

## CUT ALCOHOL & DRUGS

- Rest, reduce or remove all together
- Work out your reason for not drinking / taking drugs ahead of time makes abstaining far easier.



What is your pre-planned reason for not drinking or taking drugs?

## EXERCISE

- Cardio in nature, perfect to boost how you feel
- Choose one you love doing
- Do it 30 mins, 4 times per week



What is your chosen exercise?

## SLEEP

- Getting good, consistent sleep makes confronting poor mind health much easier.
- Prepare for sleep by avoiding TV, screen time and other stimulants.



What two things could help you sleep better?

1.

2.

Track your progress free and confidentially by downloading Lifeback Tracker

