

Take control of your mental health and wellbeing

When we look after our own mental health, we put ourselves in a much better place to cope with the day to day life stressors and challenges, we are happier and mentally healthier, in ways that are good for us and for others.

Awareness and self-regulation



This process helps to develop better self-awareness and self-regulation skills. The more we become aware and self-regulate our thoughts, feelings and behaviours, the greater the opportunity to take control, manage and problem solve through life.

Awareness

The best way to think about mental health is on a continuum. On one end you have the green zone of positive state of mental health and on the opposite end the red zone which is the unhealthy zone of mental health and everything else in the middle.



Becoming aware of where you sit on this continuum and reflecting on your thoughts, feelings, behaviours can help put you in a better position to take control of your mental health.

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**Self-regulation:
Five practical steps to taking
control of your mental health**



STEP
1



Pause

Take a moment to pause
and breathe

STEP
2

Acknowledge and accept

Take notice, acknowledge
and accept the thoughts
and feelings you are
experiencing with curiosity
and kindness.

Ask yourself:

- How do I feel right now?
- What is happening?
- How is it affecting me?

Tell yourself it is okay to be
experiencing the emotions
and feelings you are having.

STEP
3

Let go

It can be helpful to actively
let go of unpleasant
thoughts or feelings that
you are experiencing.

Consciously tell yourself:

It is now time to let go of
some of these unhelpful
thoughts.

Ask yourself:

How can I think about
things differently?

And remember that
thoughts and feelings
aren't always fact.

STEP
4

Anchor yourself to the present

Tap into your 5 senses and
connect with the 'here
and now', this can easily
be done whilst driving or
when you are taking a
break.

Anxiety is about living in
the future and worrying
about things that haven't
happened yet, and
depressive thoughts are
about things that have
happened in the past.

STEP
5

Focus and commit

Take the time to focus
on what is within your
control. Commit to doing
something positive and
with purpose. It may be
something to address your
worries.

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Seven tips for a healthy mind



Take notice - remember the things that give you joy - the reason you got into trucking in the first place - the adventure, the autonomy, the travel, the open road, the peace and quiet, the Australian countryside.



Be active - consider including some exercise when you have a rest from driving.



Keep learning - when we push ourselves to learn something new we get a sense of achievement and confidence. These feelings are good for our health and wellbeing.



Connect - stay connected with family and friends when you're on the road - now more than ever. Reach out for professional help if you're feeling bogged down.



Take one day at a time - try not to project too far into the future and focus on what you can control.



Try not to worry - when we worry we are often living in the future, a space that is often uncontrollable. Focus on the things you can control and try to check your facts by sourcing your information from a legitimate source.



Help others - reach out and give a helping hand to those in need. Giving can provide a sense of accomplishment and meaning, connect you to others, and create stronger communities.

Maybe try just one of these tips today, you have nothing to lose and you may start to feel more in control of your mental health

For more information:

Healthy Heads in
Trucks and Sheds
www.healthyheads.org.au

For urgent support:

Lifeline
13 11 14
www.lifeline.org.au

Beyond Blue
1300 22 4636
www.beyondblue.org.au