

Promoting Mental Wellbeing

Who is this information for?

People with intellectual and/or developmental disabilities

Family members

Disability support workers

What is a healthy lifestyle and why is it important?

Physical and mental health have been shown to be strongly connected. Taking care of your physical health improves your mental wellbeing, and vice versa. If your physical or mental health decline, the other can be affected too.

Maintaining a healthy lifestyle is one of the most protective things you can do for your mental wellbeing. A balanced diet including drinking plenty of water, regular physical activity, good sleep habits and being able to relax your mind and body are important for a healthy lifestyle.

Activities that can support your mental wellbeing

- Relaxation techniques
- Social engagement – this includes positive relationships
- Regular exercise – you may want to walk to the café or walk to work
- Take time for yourself and do the things you like to do – such as reading a book or watching your favourite movie

Remember to ask for help, if you need it.

Which medical supports can you seek?

- General Practitioner
- Psychologist
- Dietitian
- Exercise Physiologist

Other services to support a healthy lifestyle?

There are many supports available to help you maintain a healthy lifestyle. If you want to make changes to your lifestyle to better support your wellbeing it's a good idea to seek support to help you do this. This could be speaking to your GP, seeing a psychologist, dietitian or exercise physiologist, asking a friend to exercise with you or using an app or paper based charts like sleep charts, food charts, weight charts or bowel charts to help find patterns and keep track of your progress. Charts can also be useful to take to appointments to discuss with your health practitioner.

Where can I find out more?

[Look after your mental health during Coronavirus \(Council for Intellectual Disability\)](#)

[How mindfulness can help during the coronavirus outbreak \(Beyond Blue\)](#)

[How to check in with someone \(Beyond Blue\)](#)

[Head to health](#)

[Youth Beyond Blue - Keeping Well](#)

[Beyond Blue - Wellbeing](#)

[Black Dog Institute - Resource Support](#)

[Reach Out - Everyday Issues](#)

[Headspace - Health and Wellbeing](#)

[Beyond Blue- Coronavirus](#)

[Beyond Blue- Coronavirus: Supporting Others](#)

[National Disability Insurance Scheme - Coronavirus: Information Packs](#)

Note: If you regularly see a health professional, we encourage you to continue your care and support during COVID-19..