

# 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](http://www.healthyheads.org.au)

### For urgent support:

Lifeline  
13 11 14  
[www.lifeline.org.au](http://www.lifeline.org.au)

Beyond Blue  
1300 22 4636  
[www.beyondblue.org.au](http://www.beyondblue.org.au)