

# Article: Mental Health

## Content notes:

The following blog has been prepared by TAL. It is available to use in white-label format for communications and is designed to provide information on positive ways to improve mental wellbeing.

While all care has been taken to ensure that the information provided is accurate and complete at the date of this publication, neither TAL nor its employees accept liability for any loss or damage caused as a result of reliance on the information. You should consider your own obligations and requirements when deciding the appropriateness of this blog including any appropriate disclaimers, and how and who it makes it available to.

<b>AUDIENCE</b>	Australians of all ages seeking ways to improve mental health through lifestyle changes.
<b>COMMUNICATION OPPORTUNITIES</b>	White label content: Highlight the strong link between physical activity and mental wellbeing across all life stages.
<b>MESSAGE</b>	Moving your body supports your mind. Exercise helps manage stress, boost mood, and improve resilience.
<b>INSIGHTS</b>	Only 43% of adults meet activity guidelines, yet movement can reduce depression risk by up to 30%.
<b>ASSOCIATED ASSET/S</b>	TAL Health Connector
<b>CTA</b>	<ul style="list-style-type: none"><li>Connect with support through TAL's Health Connector <a href="#">TAL's Health Connector</a> or <a href="#">Headlight</a>, or join a free community fitness class.</li></ul> <div><b>IMPORTANT:</b> If you'd like to feature <b>Headlight</b> for your members during Mental Health Month, please ensure that you use your existing unique URL. If you don't have one currently, please contact your TAL Partnership Manager to obtain a unique URL. We'll only be able to provide member access reporting where a unique URL is used.</div>

## How staying active can improve your mental health

Most people know that physical activity benefits our heart, muscles and waistline. But not everyone understands just how important it is for the brain, especially when it comes to managing stress, anxiety and low mood.

In Australia, around half of all adults will deal with a mental health condition at some point in their lives, with anxiety and depression among the most common.<sup>1</sup> The good news is that regular physical activity is one of the most effective early actions you can take to protect your mental wellbeing, and it's something you can start today.

TAL, our life insurance partner, works with trusted health organisations like the [Heart Foundation](#) and [Beyond Blue](#) to support Australians in building healthier lives. Through [TAL's Health Connector](#), tools and services can be accessed that make it easier to take early, proactive steps, including support for mental health and physical activity.

### The effects of physical activity

When you exercise, your body releases endorphins: chemicals that help reduce pain and create positive feelings. These 'feelgood' hormones can create a short-term boost in mood and help reduce feelings of stress. At the same time,

<sup>1</sup> Australian Bureau of Statistics, *National study of mental health and wellbeing*, 2022.

movement helps regulate serotonin and dopamine (the two key neurotransmitters that affect mood, motivation and emotional balance).

Physical activity also plays a role in lowering cortisol: the stress hormone. High cortisol levels over a long period of time can lead to anxiety, sleep problems and fatigue. Exercise helps bring these levels down, helping the body recover from daily pressures. It also boosts blood flow to the brain, improving cognitive function and memory. As a result, it makes it easier to manage everyday challenges with a clearer, more focused mindset.

## Why moving matters

The mental health benefits of movement are not just theoretical. An Australian study found that people who get enough regular exercise are 26% less likely to experience depression.<sup>2</sup> Yet, only 43% of Australian adults do the recommended 150 minutes of moderate activity each week.<sup>3</sup> For people who are at risk, like those with a family history of mental illness or ongoing stress, regular movement can be key for early prevention.

Physical activity also supports sleep quality, which is important for good mental health, as it helps regulate mood, reduce stress, and improve overall emotional resilience.

No matter your age or fitness level, it's never too late to start moving. [[LINK TO: \*Staying active for mental health at any age\* ARTICLE](#)] Children and teens benefit from movement through emotional regulation and better concentration. Adults can use it to manage work-related stress and life transitions. Regular activity helps older adults stay mentally sharp, stay socially connected, and lower their risk of developing dementia.

If you're feeling overwhelmed, or unsure where to begin, speak to your GP or find support through the [TAL Health Connector](#). If you're ready to start moving for your mental health, programs like [Live Life Get Active](#) offer free outdoor fitness classes across Australia, making it easier to take that first step.

You can also explore [Headlight](#) — a free, confidential mental health screening survey developed by TAL in collaboration with the University of Sydney Brain & Mind Centre.

Headlight helps you identify mental health blind spots and provides access to tailored, evidence-based resources and recommendations, based on your wellbeing score, to encourage positive action.

DISCLAIMER [please add to your post]

(Insert disclaimer)

### Important Information

Any health, medical, diet and nutrition and fitness contained in this blog post is not a substitute for advice from a qualified medical or other health professional. It is not intended to diagnose, treat, cure or prevent any health problem. Always consult your medical practitioner or other health professional in relation to any medical issue or concern, before changing your diet, starting an exercise program, or taking medication or supplements of any kind. The information in this blog post is also of a general nature only and does not take into account your individual needs, objectives or financial situation. Before making any decision about a financial product you should consider the relevant Product Disclosure Statement and seek professional advice before deciding whether it is suitable for you. You can also get a copy of any relevant target market determination. This blog post has been prepared by TAL Life Limited ABN 70 050 109 450, AFSL 237848. While all care has been taken to ensure that the information provided is accurate and complete at the date of publication, neither TAL Life nor its employees accept liability for any loss or damage caused as a result of any use of or reliance on the information.

Links from this blog post to pages on any other third party website are provided for your convenience only and do not constitute a recommendation or endorsement by TAL of the content of those pages. Use of these links is at your own risk. TAL does not control and is not responsible for any information or material found on those linked pages, or any website of which they form a part.

---

<sup>2</sup> Wanjau, M. N. et al. *Physical activity and depression and anxiety disorders in Australia: a lifetable analysis*. (2022).

<sup>3</sup> Australian Institute of Health and Welfare (AIHW). *Physical activity across the life stages*. (2023).