

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.

AUDIENCE	Australians seeking to improve or maintain mental wellbeing through everyday habits.
COMMUNICATION OPPORTUNITIES	White label content: Highlight learning as a simple, accessible way to boost mental health.
MESSAGE	Staying curious and engaged through learning supports emotional wellbeing at any age.
INSIGHTS	Creative and cognitive activities reduce stress, anxiety, and support long-term resilience.
ASSOCIATED ASSET/S	TAL Health Connector
CTA	<ul style="list-style-type: none">Speak to your GP, explore learning opportunities or connect with support via TAL's Health Connector or Headlight. <div>IMPORTANT: If you'd like to feature Headlight 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>

Keep learning: A path to mental wellbeing

In a world that rarely slows down, learning can help improve your mental wellbeing. Reviving a hobby, trying new activities and staying curious can improve your mental and emotional health.

Lifelong learning doesn't have to mean formal education. It's about staying connected to what inspires you. Reading a non-fiction book, trying a new recipe, joining a local class, or even revisiting a creative passion are some simple everyday actions that can increase your confidence, lower your stress and help you feel accomplished, which are important for good mental health. In the [Five Ways to Wellbeing](#) framework, "keep learning" is a key habit for building resilience and happiness.

Explore your creative side

According to the [Australian and New Zealand Mental Health Association](#), playing music can reduce stress and help people process their emotions better. Studies have found that music therapy reduces depression in children and teens with emotional or behavioural challenges. It can also help improve their communication and social skills more than standard treatments.

Other creative hobbies like painting or gardening have been shown to reduce symptoms of anxiety and depression. Even cooking can have mental health benefits. Known as a form of "culinary therapy", trying out new recipes offers a mix of creativity, mindfulness and accomplishment. [Foodies Collective](#) says cooking can boost happiness and lower stress, while helping you stay focused and present in the moment.

What are the benefits?

Learning something new enhances cognitive function and helps your emotions by giving you a sense of achievement. Participating in online or in-person courses or workshops can also lift your mood and self-esteem, as well as creating helpful social connections. These connections could matter a lot during times of change or uncertainty.

[Headspace](#) shows that work and study can bring routine, purpose and mental health benefits. These advantages are important for young people, but they help everyone, no matter their age.

And you don't need hours to reap the rewards. Even small actions, like reading for 10 minutes a day, can make a difference. [Australia Reads](#) says that regular readers have less stress, feel more connected and less alone.

What matters most is choosing something meaningful to you. Continuous learning helps protect and boost your mental wellbeing. Whether you're revisiting a favourite hobby or trying something new, it's a great way to grow.

With the right tools and mindset, you can take proactive steps to feel more balanced, capable and connected. Stay curious and know that every new skill, every page turned, and every moment spent learning is a step toward better mental health.

Need support? You're not alone

If you're finding things tough, know that support is always available. [TAL's Health Connector](#) links you to a wide range of free and low-cost government and community services that may be able to provide the support you need.

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]

(Include 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.