

Article: Mental Health

Content notes:

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AUDIENCE	Australians looking for practical, achievable ways to support their mental and physical wellbeing.
COMMUNICATION OPPORTUNITIES	White-label content: Encourage members to build healthy habits that support long-term wellbeing and raise awareness of wellbeing support services available.
MESSAGE	Small, consistent actions such as staying active, connecting with others, learning new things and practising mindfulness can have a positive impact on overall wellbeing.
INSIGHTS	Research shows that regular movement, social connection, learning, giving back and mindfulness can improve mood, reduce stress, build resilience and support long-term mental and physical health.
ASSOCIATED ASSET/S	TAL Health Connector; wellbeing resources and support services; mental health screening tools and personalised wellbeing resources (where available).
CTA	Explore the wellbeing support services, including TAL's Health Connector and other wellbeing tools and resources that may be available to you. IMPORTANT: If you'd like to feature Headlight 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 access reporting where a unique URL is used.
LAST UPDATED	July 2026

Eating well for mental health

When we think about mental wellbeing, factors such as stress, sleep and exercise often come to mind. But nutrition can also play a role in supporting our overall wellbeing.

While there is no single food that can prevent or solve mental health challenges, healthy eating is one of the many habits that can support both physical and mental wellbeing. Research from the Australian Bureau of Statistics found that only 4.3% of Australians met the recommended intake for vegetables, legumes and beans, highlighting an opportunity for many Australians to improve their eating habits.¹

Making healthy changes doesn't require a complete overhaul of your diet. Small, sustainable changes can help you build habits that support your long-term health and wellbeing.

Food, mood and wellbeing

1. EAT BREAKFAST

¹ Australian Bureau of Statistics (ABS). *Consumption of food groups from the Australian Dietary Guidelines*. 2026

Starting your day with a nutritious breakfast can help provide the energy you need for work, study and daily activities.

If you're short on time in the morning, simple options such as wholegrain toast, yoghurt with fruit, or a bowl of cereal with milk can help set you up for the day.

2. CREATE HEALTHY HABITS AT WORK

The key to eating well at work is planning ahead. Packing a healthy lunch and having nutritious snacks on hand can help you avoid reaching for less healthy options when energy levels dip.

You can find easy and nutritious recipes on [TAL's HeartChecker website](#).

Some ways to support healthy eating at work include:

- creating a supportive healthy eating environment with colleagues
- replacing fundraising chocolates and biscuit tins with workplace fruit bowls and a donation tin
- encouraging healthy catering options for training sessions and meetings.

3. FEED YOUR MIND WITH NUTRITIOUS FOOD

The [Australian Dietary Guidelines](#) recommend eating a variety of foods, including vegetables, legumes, fruit, dairy foods and alternatives, wholegrain breads and cereals, lean meats, fish, eggs, nuts and seeds. [abs.gov.au]

Including a wide range of nutritious foods in your diet can help support your overall health and wellbeing. One simple place to begin is by increasing the number of vegetables in your meals and snacks.

You can do this by:

- trying new ways to include vegetables in your meals
- experimenting with different cooking methods
- keeping vegetables readily available in your fridge
- using frozen or tinned vegetables as convenient and nutritious alternatives to fresh varieties.

4. SNACK SMART

Having healthy snacks available can help you stay energised throughout the day and make it easier to meet your nutritional needs.

When planning snacks, consider foods from the five food groups:

- **Fruit:** fresh fruit, fruit salad or grapes
- **Vegetables:** vegetable sticks with hummus, tzatziki or other dips
- **Grains:** wholegrain crackers or grain-based snacks
- **Lean proteins and alternatives:** a small handful of raw or dry-roasted nuts
- **Dairy:** yoghurt or other dairy foods if refrigeration is available.

Other nutritious snack ideas include air-popped popcorn, dried fruit, seeds, vegetable-based muffins and homemade soups.

Small changes can make a difference to your mental wellbeing

Looking after your mental wellbeing is often about the small habits we practise every day. While healthy eating is just one part of the picture, making mindful choices about what you eat can be a positive step towards supporting your overall health and wellbeing.

If you're looking to make healthier choices, focus on one small change at a time. Whether it's eating breakfast more regularly, including more vegetables in your meals or having nutritious snacks on hand, gradual changes are often easier to maintain than trying to overhaul your diet overnight.

If you'd like personalised advice, consider speaking with your GP or an Accredited Practising Dietitian.

For healthy recipes and nutrition information, visit [TAL's HeartChecker website](#) and the [Healthy Food Guide](#).

Need support? Where to find help

If you're finding things tough, know that support is 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.

Depending on the wellbeing services available through [\[insert super fund/employer/ Health Hub/Headlight\]](#), you may also have access to mental health screening tools, personalised wellbeing resources and recommendations designed to help you better understand and manage your mental wellbeing.

These resources can help you identify areas where additional support may be beneficial and connect you with information and services tailored to your needs.

DISCLAIMER [please add to your post]

(Insert disclaimer)

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