

Article: Mental Health

Content notes:

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AUDIENCE	Australians looking for simple, practical ways to support their mental wellbeing through lifelong learning, hobbies and personal development.
COMMUNICATION OPPORTUNITIES	White label content: Encourage individuals to embrace learning, curiosity and creative pursuits as everyday habits that can support mental wellbeing and resilience.
MESSAGE	Learning new skills, exploring interests and staying curious can help support confidence, resilience, social connection and overall wellbeing.
INSIGHTS	Learning doesn't need to be formal. Reading, creative hobbies, courses and everyday activities that challenge the mind can contribute to a sense of purpose, achievement and connection.
ASSOCIATED ASSET/S	TAL Health Connector, Headlight (where available), wellbeing resources and community learning opportunities.
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 for 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

Keep learning: A path to mental wellbeing

Learning isn't just about gaining knowledge. Exploring new interests, developing skills and challenging yourself can also support your mental wellbeing. Whether it's reading, trying a new recipe, taking a class or revisiting a hobby, learning can provide a sense of purpose, achievement and connection.

The **Five Ways to Wellbeing** framework identifies "Keep Learning" as one of five actions that can support wellbeing and resilience.¹ Learning doesn't need to be formal or time-consuming as even small everyday activities that keep your mind engaged can help build confidence, encourage curiosity and create opportunities for connection.

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.

¹ Five Ways to Wellbeing Australia. *Keep Learning*. 2026.

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. Cooking can combine creativity, mindfulness and a sense of accomplishment, making it a rewarding activity for many people.

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? 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]

(Include disclaimer)

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