

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 looking for practical ways to monitor, maintain and better understand their mental wellbeing.
COMMUNICATION OPPORTUNITIES	White label content: Encourage regularly check-ins with their mental wellbeing, recognise when additional support may be needed and normalise conversations about mental health.
MESSAGE	Taking a few moments to check in with yourself can help you better understand your mental wellbeing and identify when additional support may be helpful.
INSIGHTS	Mental health challenges are common, and factors such as financial pressure, stress and life changes can affect wellbeing. Regular self-reflection can help people recognise changes in how they are feeling and take proactive steps to seek support.
ASSOCIATED ASSET/S	TAL Health Connector, Headlight, wellbeing resources and mental health support services.
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.

Mental health check-in. How are you feeling today?

Mental health can influence how we think, feel and function each day, yet it's easy to overlook when life gets busy. In fact, around 2 in 5 Australians aged 16–85 have experienced a mental health disorder at some point in their lives.¹ Asking a few moments to check in with yourself can help you better understand how you're feeling, recognise changes in your wellbeing and identify when additional support may be helpful.

A simple self-check-in won't provide all the answers, but it can be a useful way to pause, reflect and take stock of where you're at today.

Rate your wellbeing

Start by asking yourself this:

On a scale of 1 to 10, how would you rate your mental wellbeing today?

A score of 1 means you're really struggling, while a 10 means you're feeling great. Don't overthink it, simply choose the number that feels most accurate today.

This number isn't about getting it *right*. It's just a useful snapshot that can help you track how you're doing over time.

¹ Australian Bureau of Statistics, *National Study of Mental Health and Wellbeing*, 2020–2022.

What your score might be telling you

If your score wasn't as high as you'd like, it's important to remember that periods of stress, worry and emotional difficulty are a normal part of life. Checking in with yourself regularly can help you recognise when something may need more attention.

Financial pressure can also affect mental wellbeing. Mental Health Australia's *Report to the Nation* found that rising cost-of-living pressures were negatively affecting the mental health of more than half of Australians, while one in five people reported that financial pressures had stopped them from seeking mental health support.²

Reflect on your score

Now that you've given yourself a score, take a moment to think about what it means. Ask yourself:

- What am I doing well right now? Maybe you've been exercising regularly, catching up with friends or sleeping better. Recognise what's helping (these are the things to keep doing).
- What could I change in the next two weeks to lift my score by just one point? Small shifts often make the biggest difference. You might try limiting your screen time at night, getting outside more, or setting aside a few minutes each day to reflect or journal.
- If I improved my score by one point, what would the people around me notice? Would you be more patient, more focused, more present? Even a small improvement can have a positive ripple effect on your relationships and day-to-day life.

Recognising changes in your wellbeing early can make it easier to take proactive steps, whether that's adjusting your daily habits, reaching out to someone you trust or seeking professional support.

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)

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 current 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.

² Mental Health Australia, *Report to the Nation*, 2023.