

Article: Mental Health

Content notes:

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AUDIENCE	Australians looking for practical ways to strengthen social connections, improve self-awareness and support their mental wellbeing.
COMMUNICATION OPPORTUNITIES	White label content: Encourage individuals to prioritise relationships, social connection and self-reflection as important contributors to mental wellbeing.
MESSAGE	Staying connected to yourself and others can support mental wellbeing, strengthen resilience and help create a greater sense of belonging.
INSIGHTS	Meaningful social connections and regular self-reflection are important contributors to wellbeing. Making time for relationships, community involvement and personal check-ins can support mental health and overall quality of life.
ASSOCIATED ASSET/S	TAL Health Connector, Headlight (where available), wellbeing resources and physical activity 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.
LAST UPDATED	July 2026

Staying connected to yourself and others (even when you're busy)

Life can feel busy. Between work, family responsibilities, household tasks and everything else competing for our attention, it can be difficult to find time for ourselves and the people who matter to us.

When something has to give, it's often the things we need most: catching up with friends, spending quality time with family, taking part in activities we enjoy or simply taking a moment to check in with ourselves.

Yet these connections can play an important role in supporting our mental wellbeing. According to the Australian Bureau of Statistics, around 2 in 5 Australians aged 16–85 have experienced a mental health disorder at some point in their lives.¹ Taking time to strengthen relationships, participate in your community and reconnect with yourself can all contribute to a greater sense of wellbeing and belonging.²

Why connection matters

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

² Five Ways to Wellbeing Australia. *Connect*. 2026.

Positive relationships can provide emotional support, encouragement and a sense of belonging. During difficult times, having people around you who listen, understand and care can make challenges feel more manageable.

Connection isn't only about spending time with other people. Feeling connected to yourself is important too. Taking time to understand your thoughts, values and priorities can help you recognise when you need support, rest or a change in routine.

Making time for both kinds of connection can support your mental wellbeing and help you feel more balanced, supported and resilient.³

1. MAKE TIME FOR WHAT MATTERS

It's easy to fill every hour of the day with tasks, commitments and responsibilities. But when life gets busy, it's often the activities that support our wellbeing that get pushed aside.

Take a moment to consider what's most important to you. Are there commitments or habits that could be reduced or removed to create more time for the people and activities that matter most?

Even small changes can help create space for meaningful connection.

2. PRIORITISE MEANINGFUL RELATIONSHIPS

Think about the people in your life who make you feel supported, encouraged and valued.

Rather than focusing on the number of connections you have, focus on the quality of your relationships. A quick phone call, text message, coffee catch-up or shared activity can help strengthen important relationships and keep you connected.

Building and maintaining strong relationships takes intention, but small and consistent efforts can make a meaningful difference.

3. REVIEW HOW YOU SPEND YOUR TIME

If you're struggling to find time for connection, take a closer look at how you're currently spending your days.

Keeping a simple schedule for a week can help identify activities that may not be adding value or supporting your wellbeing. You may discover opportunities to make more time for family, friends, hobbies or community activities.

Creating space for connection often begins with understanding where your time is currently going.

4. CREATE OPPORTUNITIES FOR NEW CONNECTIONS

Building new relationships can feel challenging, particularly as an adult, but there are still plenty of opportunities to connect with others.

Consider:

- joining a community group
- taking up a new hobby
- volunteering for a local organisation
- participating in sporting or social activities
- attending local events and workshops.

Shared interests can be a great starting point for meaningful new relationships.

5. CHECK IN WITH YOURSELF

Connecting with yourself is just as important as connecting with others.

Activities such as mindfulness, meditation or journalling can help you slow down and reflect on how you're feeling. These practices create an opportunity to pause, become more aware of your thoughts and emotions, and better understand what you need to support your wellbeing.

Regular self-reflection can also help you recognise when you're feeling overwhelmed and may benefit from additional 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.

³ Five Ways to Wellbeing Australia. *Connect*. 2026.

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(Insert disclaimer)

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