

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.

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AUDIENCE	Australians looking for practical, achievable ways to support their mental and physical wellbeing.
COMMUNICATION OPPORTUNITIES	White-label content: Encourage individuals 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

Five small habits that can make a big difference to your wellbeing

Looking after your mental and physical wellbeing doesn't have to be overwhelming. In fact, the best results often come from simple, consistent habits that fit into your everyday routine.

Here are five practical and evidence-based wellbeing tips that can help boost your energy, lift your mood and support your long-term health.

1. Stay active

You don't need a gym membership or marathon mindset to stay active — any form of movement helps. Try walking during your commute, dancing around the house with your kids, or doing a quick virtual workout on your lunch break. Even stretching while watching TV makes a difference.

WHY IT MATTERS

Regular physical activity can improve your mood almost immediately and reduce symptoms of anxiety and depression. It's also great for your heart. Just 30 minutes of movement a day can cut your risk of cardiovascular disease by up to 35%.¹

You might notice:

- Better sleep
- Higher energy levels
- Improved self-esteem

2. Connect socially

Whether it's a message to a friend, a catch-up with a colleague, or a phone call to family, taking time to connect can improve your day and your overall wellbeing. Feeling part of a community matters, especially if you're going through a challenging time and need connection, support or simply to know you're not alone.

WHY IT MATTERS

Building and maintaining social connections can help reduce stress, lower the risk of mental health issues and improve your overall quality of life. Staying connected, even in small ways, can make a difference.²

You might notice:

- A lift in daily mood
- Greater empathy
- Reduced risk of mental health issues

3. Give back to Others

Helping others doesn't just support your community — it's good for you, too. Try checking in on an elderly neighbour, volunteering, or simply saying thanks to someone who's helped you out recently.

WHY IT MATTERS

Doing something kind for someone else can actually help *you* feel better, too. Giving back can lift your mood, reduce stress and help you feel more connected. Acts of kindness can also build your emotional resilience, especially during challenging times.

You might notice:

- A sense of accomplishment
- Improved outlook and self-worth
- Greater connection to others

4. Continue learning

Curious minds are healthy minds. Whether it's picking up an old hobby, learning a new recipe, taking an online course or reading a non-fiction book, learning helps you stay engaged and challenged.

WHY IT MATTERS

Learning something new or diving back into something you used to love can be a great way to recharge your mind and boost your confidence. It gives you something to focus on, builds your skills and can bring a real sense of achievement. Especially during times of change, having a goal or project to explore can help you feel more in control and motivated.

You might notice:

- Improved problem-solving
- Increased confidence
- A renewed sense of motivation

5. Take notice

Being present can help you better manage stress and appreciate the small moments in life. This could mean taking a screen-free lunch break, listening to music, meditating using the **Smiling Mind** app or writing down a few things you're grateful for each day.

¹ Heart Foundation, *Walking*, 2025.

² Medicare Mental Health, *Connecting with others*, 2025.

WHY IT MATTERS

Mindfulness, meditation and relaxation exercises are simple tools that can make a big difference. Whether you're currently feeling overwhelmed or just want to maintain balance, these techniques can help you manage stress and support your mental health over the long term.

You might notice:

- Better focus
- Less stress
- More restful sleep

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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