



# Gippsland Women's Health Service

**Valuing Diversity,  
Inclusion & Equity**

## **Our Vision**

*To engage with women, communities, service providers and government to promote and enhance the health and wellbeing of women across Gippsland.*

### **Health Promotion**

Prevention of Violence Against Women  
Sexual and Reproductive Health  
Promoting Mental Health and Wellbeing  
Health Information and Education

### **Family Violence Reform**

Implementation of Regional  
& Statewide Strategies

### **Support Services**

McGrath Foundation Breast Care Nurse  
Wig Bank



56b Cunninghame Street, Sale  
Ph: **03 5143 1600** or **1800 805 448**  
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[www.gwhealth.asn.au](http://www.gwhealth.asn.au)



REG. NO. A0024460W ABN 21 214 835 436

**MENTAL WELLBEING**

# Mental Wellbeing

As we move through life transitions - birth of a child, re-entering the workforce, empty nest, retirement, divorce or bereavement - we need support, skills and knowledge to negotiate the changes and challenges and come out the other side. This resilience is developed as we pass through life's hurdles.

At times it may be difficult to know whether you are just feeling stressed or whether it is depression or an anxiety related disorder. If you are concerned about yourself or someone else's mental wellbeing, it may be necessary to visit a qualified health professional. These may include a General Practitioner; Clinical Psychologist; Psychologist; Social Worker or Mental Health Nurse. Here is a brief quiz to check if you may need to seek help.

## Reflecting on the **past 4 weeks**, have you mostly felt:

- Tired for no reason
- Overly nervous and unable to relax
- Hopeless
- Overly restless and unable to slow down
- Sad for no obvious reason
- Everything is such an effort
- Worthless

**If you have ticked several of these boxes, it may be time to contact a health professional of your choice for a more thorough diagnosis.**

## **The following is a list of some stress reducing behaviours & activities:**

- ☞ Give yourself time by yourself
- ☞ Develop an enjoyable leisure pursuit
- ☞ Ask for support from family and friends
- ☞ Avoid getting into ruts
- ☞ Feel good about yourself
- ☞ Express your feelings
- ☞ Practise relaxation or meditation
- ☞ Develop a self-awareness
- ☞ Don't have unrealistic goals
- ☞ Be assertive - stand up for yourself

**Lifeline: 13 11 14 [lifeline.org.au](http://lifeline.org.au)**

**Beyond Blue: 1300 224 636 [beyondblue.org.au](http://beyondblue.org.au)**