

Improve Your Mental Health in Just 30 Days

In the transport industry, driver safety is often at the forefront of industry issues – but it should go beyond just physical safety.

1 in 5 Australians are affected by mental illness, but many of them don't get the help that they need because of the social stigma surrounding the issue. Social awareness campaigns like R U OK? And World Mental Health Day are working towards addressing this stigma – but we can all do our part to normalise the conversation around mental health.

1 Call someone you love				2 Bring something from home with you	3 Take regular stops	4 Keep your routine
5 Make a playlist	6 Breathe	7 Choose a healthy lunch	8 Drink Water	9 Write a list	10 Wind the windows down	11 Open up to someone
12 Do something for someone else	13 Go for a stroll	14 Be proud	15 Do something you love	16 Stop off for a cuppa	17 Draw a picture	18 Stop for a cup of tea or coffee
19 Listen to your favourite band	20 Colour in	21 Invest in a water bottle	22 Laugh. A lot.	23 Call an old friend	24 Say "no" and don't feel bad about it	25 Read a book
26 Write your thoughts down	27 Do a good deed	28 Have a social media detox day	29 Reach out to a long lost friend	30 Do something you love everyday	 TELETRAC NAVMAN TeletracNavman.com.au	