



## Treatment Options for Preventative Mental Health

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The MindShift Foundation encourages seeking help for all medical and emotional needs, and that includes any issues with low self-worth. When you are preparing to ask for help, it's important to know what treatment options can assist you on the path to positive mental health.

When preparing to see your GP or other healthcare professional, the process can be easier if you are organised, prepared to ask questions, and make an effort to understand the treatment options that are available to you or that your healthcare professional may suggest.

Please note that there are many different types of therapies and self-care management techniques, but it's important to do your research and follow evidence-based options that have documented results.

The MindShift Foundation supports various therapeutic methods and self-care management. Different therapies suit different people and personality types. What works for one person, may not work for another. Please always consult your healthcare professional and determine a plan that works best for you. A combination of the following may help:

- Building self-worth
- Cognitive Behavioural Therapy (CBT)
- Diet
- Exercise
- Finding your purpose
- Medication (where needed)
- Stress management techniques

#### **Building self-worth**

In building your self-worth you are creating a strong platform for your health. Treat yourself as you would your best friend. Don't compare yourself to others—recognise that you're worthy in your own right. Acknowledge the positive, live in the now, and be honest with those around how about how you're feeling. Building up your self-worth is a step towards positive mental health.

#### **Cognitive Behavioural Therapy (CBT)**

Cognitive Behavioural Therapy is a common type of 'talk therapy' (psychotherapy) where you work with a mental health counsellor (psychotherapist or therapist) in a structured way. CBT helps you become aware of inaccurate or negative thinking, which can enable you to view challenging situations more clearly and respond to them in a more effective way.



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### **Diet**

Healthy diets help protect against disease, and studies suggest that people who follow a Mediterranean diet, which emphasises consuming fruits, vegetables and fish, and limits meat and dairy products, have lower rates of depression and other diseases, such as Alzheimer's disease, diabetes and heart disease.

### **Exercise**

Exercise can help you manage symptoms of depression, stress and anxiety. Consider walking, swimming, gardening, or any form of physical activity that you enjoy. Even light physical activity can make a difference to your mental health.

### **Finding your purpose**

A sense of purpose provides a framework for all that you do, whether it involves your work, your health or your personal relationships. Identifying and living out your sense of purpose promotes greater creativity, productivity and engagement. Finding a purpose in life not only changes our focus from inward to outward, but doing something purposeful can also have a profound effect on our sense of self.

### **Medication (where needed)**

Although medications don't cure mental distress, they can often significantly improve symptoms. Some medications can also make other treatments, such as psychotherapy, more effective. The best medications for you will depend on your particular situation and how your body responds to the medication. Always consult your healthcare professional when it comes to medication.

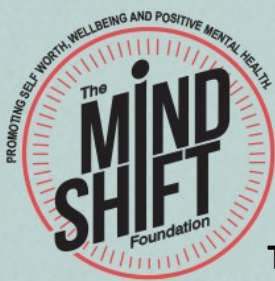
### **Stress management techniques**

Focussing on the positive things can make your life seem better and may even improve your health. Try to accept changes when they occur and keep problems in perspective. Stress management techniques, including relaxation methods such as meditation and yoga, can also help.

### **Where to get help**

Always remember you are not alone. Your doctor or registered health professionals are there to help you.

Our online resource page has a full list of organisations where you can get further information. <http://mindshift.org.au/suggested-links/>.



## Treatment Options for Preventative Mental Health

### In summary

In choosing the type of therapy and self-care management that works best for you, we suggest you consider what you feel most comfortable with. Treatment works best when you are organised and prepared. Make an appointment with your GP or healthcare professional to discuss your options. Don't be afraid to ask questions. Take the time to figure out which form of treatment works best for you.

Your self-worth matters. When you feel good about yourself, you're in a better position to take on life's challenges. Whether it's talking with a therapist or improving your lifestyle with better diet and exercise choices, you get there by asking for help. Remember—It's your life and your health.

### Updates and further information

For the latest updates and further information please visit [www.mindshift.org.au](http://www.mindshift.org.au).

### Our Mission

It is our mission to ensure that every person has access to the resources available to build healthy self-worth, to have a positive sense of self, and to find meaning in life.

### Disclaimer

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