



# BRINGING BENDIGO TOGETHER

At a time when connection is so important, we are here to provide some inspiration on how to build those strong bonds with those around you.

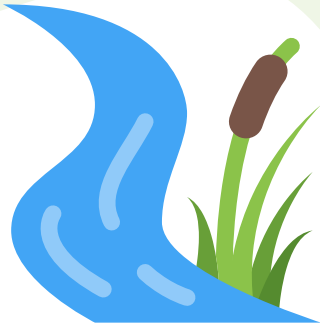
## WHAT BENEFITS CAN STAYING CONNECTED HAVE ON OUR MENTAL HEALTH?

- Spending time with positive people can improve your own psychological wellbeing.
- Increase our feelings of happiness, security, belonging and self-worth.
- Creating bonds with family and friends allows us to feel secure.



# HOW ABOUT A PICNIC?

THERE ARE SO MANY GREAT PLACES TO PICNIC IN BENDIGO! HERE'S SOME IDEAS:



CAMPASPE RIVER, AXEDALE

ROSALIND PARK



LAKE WEEROONA



BENDIGO BOTANIC  
GARDENS



CANTERBURY  
GARDENS



connect



SEARCH IN YOUR MAPS APP AND YOU'RE ALREADY  
ON YOUR WAY TO IMPROVE YOUR WELLBEING

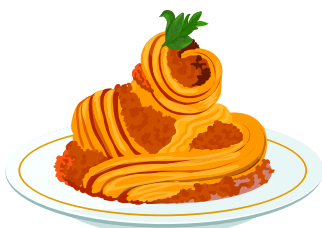
IT ISNT ALWAYS POSSIBLE TO CONNECT IN PERSON, SO..

# HOW CAN WE CONNECT FROM AFAR?



**SCHEDULE A  
WEEKLY TIME TO CHAT TO  
A LOVED ONE**

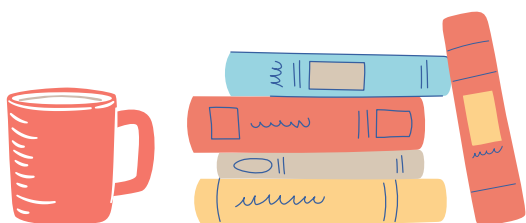
**VIRTUAL FRIEND DINNER  
DATE**



**VIRTUAL GAMES  
NIGHT**



**VIRTUAL BOOK CLUB**



**SEND A POSTCARD  
TO A FRIEND**



**bendigo  
Community  
Health  
services**



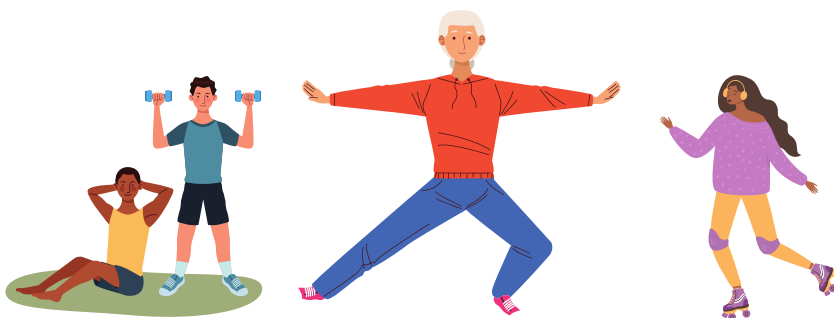
# GET MOVING IN BENDIGO

Staying active can have a powerful impact on your mental health.

Let's get creative and find some fun ways to move. Use this guide for some extra inspiration.

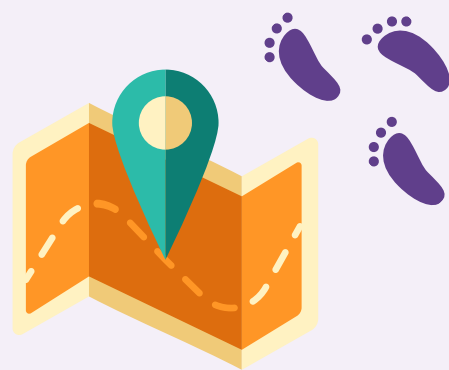
## WHAT BENEFITS CAN BEING ACTIVE HAVE ON OUR MENTAL HEALTH?

- It can have a positive impact on your mood
- It can help reduce stress levels
- Strengthens our bodies and helps to increase our blood flow
- Help improve sleep
- It could even add a few years to your lifespan

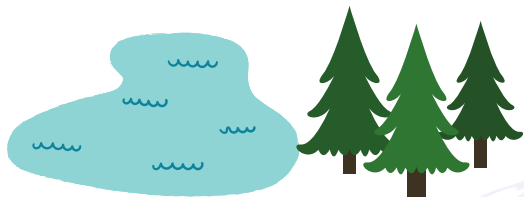


**BENDIGO IS FULL OF GREAT PLACES TO BE ACTIVE!**

# **LET'S TRY A NEW WALKING TRACK...**



**CRUSOE RESERVOIR AND NO. 7 PARK**



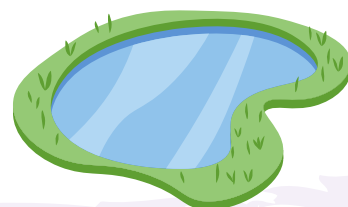
**ONE TREE HILL TOWER LOOP**



**BENDIGO CREEK TRAIL**



**KENNINGTON RESERVOIR**

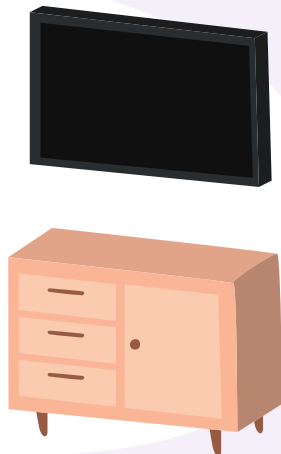


**SEARCH IN YOUR MAPS APP AND YOU'RE ALREADY  
ON YOUR WAY TO IMPROVE YOUR WELLBEING**

FOR THOSE TIMES WHEN WE CAN'T GET OUT AND ABOUT..

# HOW ABOUT SOME WAYS TO BE ACTIVE AT HOME?

**TRY STRETCHING OR  
A NEW EXERCISE  
WHILST YOU WATCH  
YOUR FAVOURITE  
MOVIE**



**TRY A DANCE  
WORKOUT ON  
YOUTUBE**



**STAND UP EVERY  
CHANCE YOU GET**



**TAKE SOME TIME OUT OF YOUR  
DAY TO DO SOME YOGA**



**SET REMINDERS  
THROUGHOUT THE  
DAY TO GET UP  
AND MOVE**

THE LITTLE THINGS COUNT TOO, HERE ARE SOME

# TIPS AND TRICKS TO ADD SOME MORE MOVEMENT IN TO YOUR LIFE



1

**PARK YOUR CAR FURTHER AWAY AT THE SHOPS TO GET SOME EXTRA STEPS IN**

2

**TAKE THE STAIRS INSTEAD OF THE LIFT**

3

**WALK AROUND THE BLOCK DURING YOUR LUNCH BREAK**

4

**WALK TO YOUR LOCAL CAFE INSTEAD OF DRIVING**

5

**SPEND A WEEKEND IN THE GARDEN**

6

**SOMETHING AS SIMPLE AS CLEANING YOUR HOUSE CAN BOOST YOUR ACTIVITY TOO!**

Be Active



bendigo  
Community  
Health  
services

