



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.

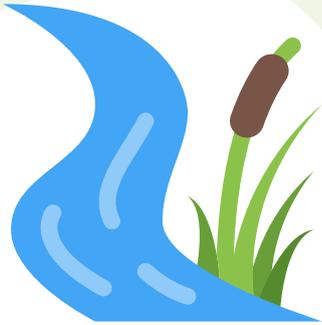
WHAT BENEFITS CAN STAYING CONNECTED HAVE ON OUR MENTAL HEALTH?

- 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**

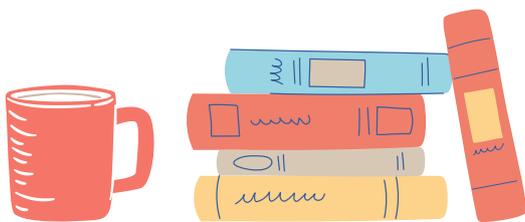
**VIRTUAL FRIEND DINNER
DATE**



**VIRTUAL GAMES
NIGHT**



VIRTUAL BOOK CLUB



**SEND A POSTCARD
TO A FRIEND**



Be Active



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

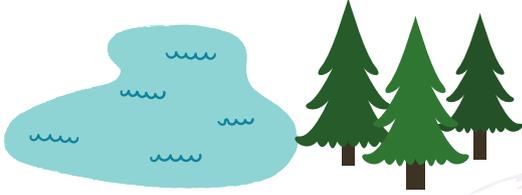


BENDIGO IS FULL OF GREAT PLACES TO BE ACTIVE!

LET'S TRY A NEW WALKING TRACK...



CRUSOE RESERVOIR AND NO. 7 PARK

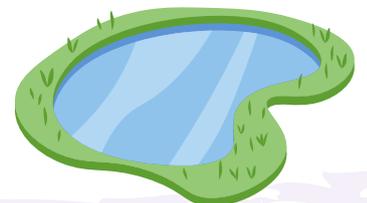


ONE TREE HILL TOWER LOOP



BENDIGO CREEK TRAIL

KENNINGTON RESERVOIR

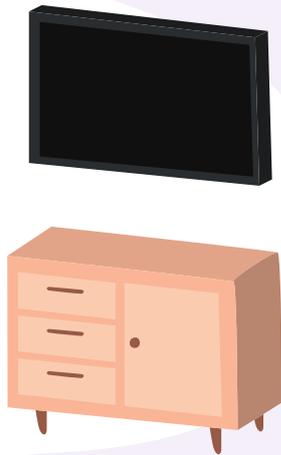


SEARCH IN YOUR MAPS APP AND YOU'RE ALREADY ON YOUR WAY TO IMPROVE YOUR WELLBEING

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

