IMH Deakin Private Hospital

Aurora Amplar Health

# The Art of Wellbeing

## Mental Health Month 2025

Practical exercises, tips, and activities to help you along your mental health journey.



# Gratitude Journal



Keeping a journal of the things you're grateful for has been shown to have a powerful effect on mental wellbeing. Among other benefits, journaling about gratitude reduces stress, increases happiness, and improves self-esteem.

**Instructions: Write a detailed entry about one thing you are grateful for. This could be a person, a job, time with friends, or anything else that comes to mind.**

**Start with journaling once or twice a week and slowly build up to daily journaling.**

## Journaling Tips

- Don't rush. Take time to consider what you are truly grateful for. Expect each entry to take between 10-20 minutes.
- Write about people you are grateful for, rather than things.
- Provide detail about why you are grateful.

## Journaling Prompts

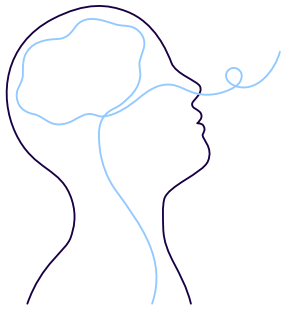
- Someone whose company I enjoy...
- The best part about today...
- A reason to be excited for the future...
- A valuable lesson I learned...
- Someone who I admire...
- Something I can be proud of...

DATE / /

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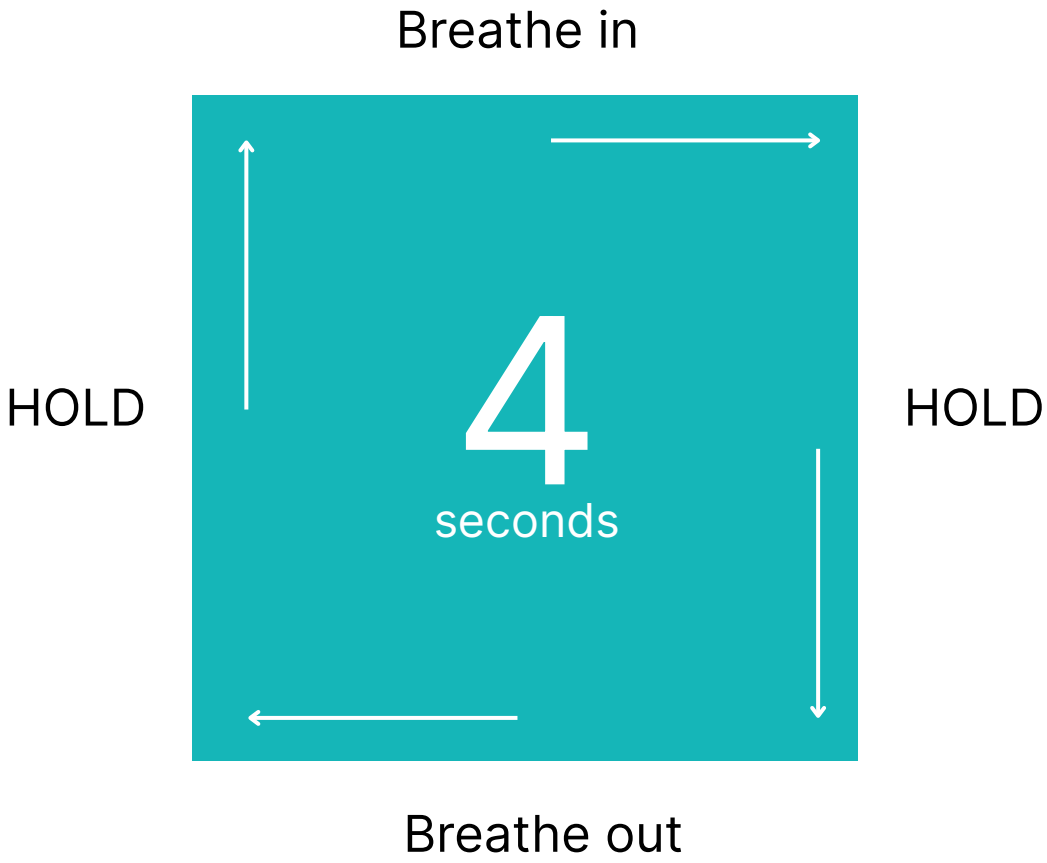
# Breathing Exercises



Deep breathing is a simple technique that's excellent for managing emotions. Not only is deep breathing effective, it's also discreet and easy to use at any time or place.

## Instructions

1. Sit comfortably and place one hand on your abdomen.
2. Breathe in through your nose, deeply enough that the hand on your abdomen rises.
3. Hold the air in your lungs, and then exhale slowly through your mouth, with your lips puckered as if you are blowing through a straw.
4. The secret is to go slow: Inhale for 4 seconds, pause for 4 seconds & exhale for 4 seconds.
5. Practice for 3 to 5 minutes.




**Repeat at least four times.**

# Physical Exercise Routine

Movement isn't just good for your body — it boosts your mood and mental wellbeing too. This beginner-friendly routine can be done at home, with no equipment required.

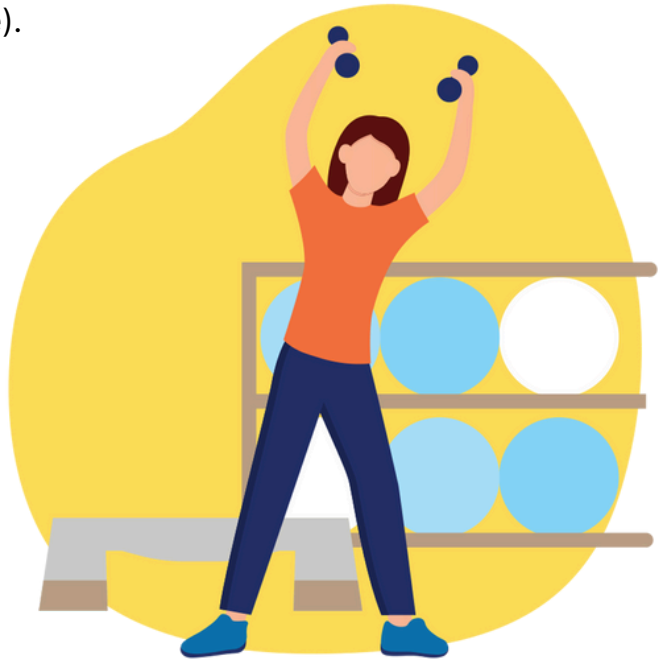
## 1 Warm up

3–5 mins walking (or walking in place).

## 2 Circuit

10 squats
10 push-ups (knees or full)
15-second plank
10 lunges per leg
10 arm circles forward/back

**Repeat 2 - 3 times.**



## 3 Cool down

Stretch arms, legs, neck;
3 deep breaths

If you're crunched for time, you might still be able to squeeze some exercise into your day. Two 15 minute walks work just as well as one 30 minute walk!

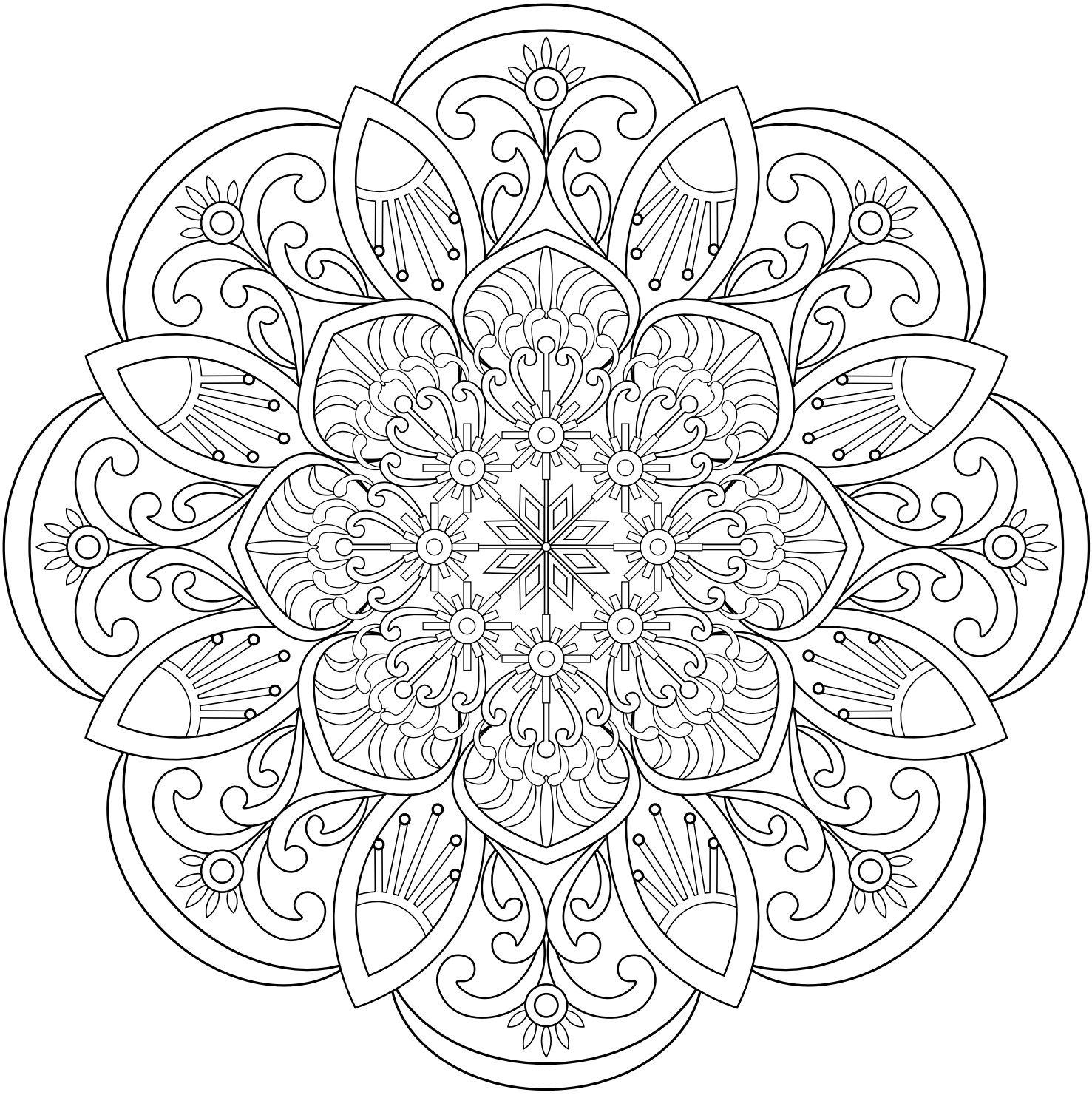
Here are some tips to help:

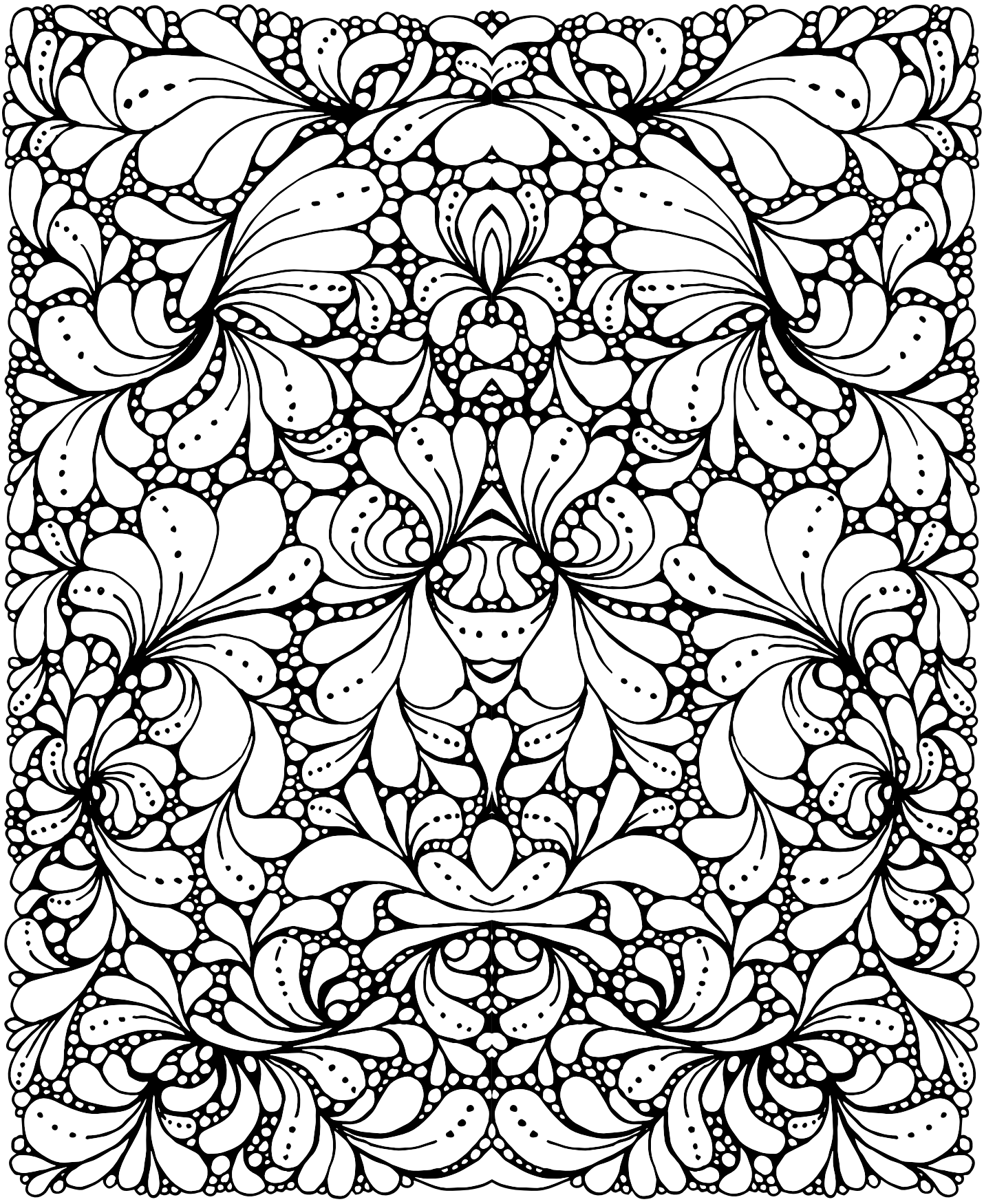
- Need to make a phone call? Walk and talk.
- Get an exercise partner to hold you accountable.
- Park at the back of the parking lot and walk.
- Head outside for 10 minutes during lunch.
- Skip the elevator and take the stairs.
- Do an activity you enjoy, and it won't be a chore.

# Channel your creativity

Take a moment to slow down and focus on something simple and creative.

Colouring can help calm your mind, reduce stress, and bring your attention into the present moment.





# Healthy Habit Tracker

Tracking small daily habits is a simple way to build consistency and notice your progress. Use this tracker to focus on journaling, breathing, exercise, creativity and any other habits you would like to complete every day.

**Tick the box for every day you achieve your habit.**

| Week One | S | M | T | W | T | F | S |
|---|---|---|---|---|---|---|---|
| Journalling | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Breathing | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Exercise | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Creativity | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

| Week Two | S | M | T | W | T | F | S |
|---|---|---|---|---|---|---|---|
| Journalling | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Breathing | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Exercise | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Creativit | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

IMH Deakin Private Hospital

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# Deakin Private Hospital

## About us

Deakin Private Hospital is Canberra's dedicated private mental health service, providing recovery-focused care for adults.
We offer inpatient and day treatment programs that integrate psychiatry, allied health, psychology, exercise physiology, and pharmacotherapy.

Our mission is to support recovery with compassion, dignity, and evidence-based care.

## Our Model of Care

**Recovery-focused**
Every admission includes an individual recovery plan and discharge planning.

**Multidisciplinary team**
Psychiatrists, nurses, psychologists, social workers, occupational therapists, dietitians, and exercise physiologists.

**Holistic approach**
Medication, therapy, lifestyle psychiatry, family involvement, and physical wellbeing.

**Continuity of care**
Strong links between inpatient and day programs for sustained recovery.

## Inpatient experience

Every stay at Deakin Private Hospital is unique, but there are a few consistent elements that help create structure, safety, and momentum for all patients.

Days are structured and a typical day includes:

- Morning huddle
- Two to three group therapy sessions
- Scheduled breaks and personal time
- Meals in the dining room
- Exercise physiology session



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# Deakin Private Hospital

## Day Programs

Day programs provide structured, evidence-based group therapy for patients not requiring overnight admission, or as step-down support post-inpatient care.

**Current Programs**

- Young at Heart
- Psychological Injury Management
- Adult ADHD
- Creative Therapies
- Cognitive Behavioural Therapy
- Dealing with Distress
- Acceptance and Commitment Therapy
- Addiction First Step Program
- Women's Wellbeing

**Read more about programs and dates here:**
deakinprivate.com.au/referral-process

## Getting a referral

1. GP or psychiatrist completes a referral letter with relevant history.
2. Referral sent to Deakin Private Hospital Admissions
3. Admissions team reviews referral and contacts the individual to confirm details and next steps.
4. Intake process completed and admission arranged for a weekday.

## Get in touch

### General enquiries

02 5114 8100

deakinprivate@imh.com.au

### Admissions

1800 961 391

dkn.admissions@imh.com.au

### Day Programs

dkn.dayprogram@imh.com.au

**Read more about submitting a referral here:**
deakinprivate.com.au/referral-process

