

# MENTAL MAINTENANCE MANUAL

A Practical Guide to  
Men's Mental Health Upkeep

By the experts at

Someone.health

# CONTENTS

Where to Get Support.....	Page 3
Introduction.....	Page 4
Personal User Manual.....	Page 5
Annual Vision Board.....	Page 6
Section 1: Mood Maintenance – “Monthly Review” .....	Page 7
Section 2: Regular Check Ups – “Weekly Review” .....	Page 8
Section 3: Troubleshooting – “Problem Solving Kit” .....	Page 10
Section 4: Professional Support – “Expert Insight” .....	Page 11
Mood Maintenance Checklist.....	Page 12

# WHERE TO GET SUPPORT

You are not alone.

*If your mood has been different lately, or you have less energy, can't sleep or don't want to see your mates, you may be wondering what is going on. Speaking with a psychologist may provide clarity and support.*

## **Speak with a psychologist:**

Someone.health offers timely, quality mental health treatment via telehealth across Australia.

Our psychologists are available for bulk billing with no out-of-pocket costs. With a valid Medicare card, GP referral and mental health care plan, you can access ten free psychology appointments per year.

Book an appointment:

[www.someone.health](https://www.someone.health)

## **In Crisis?**

If you are having suicidal or self-harm thoughts, or need urgent mental support call:

Lifeline – **13 11 14**

Kids Helpline – **1800 551 800 (ages 5–25)**

Suicide Call Back Service – **1300 659 467**

3

Emergency – **000**

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# Introduction

## Welcome to your self-care routine

### Purpose:

This manual exists to track regular maintenance activities that can help men keep their mental health in top shape. Be kind to yourself; it's ok to slip up and you can simply start anew if you do. Remember, it isn't about being perfect but forming consistent, healthy habits that you can stick to.

### Intended users:

- Men aged 18+ looking to proactively maintain mental wellbeing.
- Partners, family, or friends supporting someone through mental health upkeep.

### Disclaimer:

This manual is not a replacement for professional care. If you experience persistent distress, suicidal thoughts, or anything that feels "off," consult a healthcare professional immediately.



# Personal User Manual



Hi! My name is .....

I de-stress by:

“

”

Things I love:

“

”

Things I struggle with:

“

”

# Annual Vision Board

*This planner is designed to help you get started on the journey to setting priorities, forming good habits and making the most of your time through regular activities and check-ins that can help you manage your mood throughout the year.*

*Health*

*Career & Finances*

*Relationships & Social Life*

*Travel*

*Fitness*

*Spirituality & Mindfulness*

# Section 1: Mood Maintenance – “Monthly Review”

## 1.1 Reflection & Adjustment – “Self Check”

**Goal:** Assess overall mood

**Instructions:**

1. Review your energy and stress patterns.
2. Identify what’s working and what needs extra attention.
3. Set small goals for improvement.

**Tips:** Celebrate small wins – like a success at work or spending time on a hobby.



## 1.2 Professional Support – “Call in the Experts”

**Goal:** Get expert care before small issues spiral.

**Instructions:**

1. Consult a GP, psychologist, counsellor, or telehealth service if issues persist.
2. Explore local mental health clinics or online support.
3. Seeking help = maintenance, not weakness.

# Section 2: Regular Check Ups – “Weekly Review”

## 2.1 Emotional Health – “Check In With Your Thoughts”

**Goal:** Be mindful of your thoughts before they spiral.

**Instructions:**

1. Pause and ask: “How am I feeling?”
2. Rate your mood 1–10.
3. Note triggers, wins, and mood dips in a journal or app.

**Tip:** Red flags can help you to avoid bigger problems by addressing them early.

## 2.2 Fitness

**Goal:** Keep your body moving to support a mentally healthy mind.

**Instructions:**

1. 2.5 hours of moderate activity per week: a brisk walk, golf, mowing the lawn or swimming.
2. Mix cardio, strength, and flexibility exercises.
3. Use a buddy system to make it social – think of it as a barbershop session with a mate.
4. Outdoor activity = sunlight + fresh air = natural shine.
5. Micro-moves (push-ups, stretches) throughout the day keep things tidy.

## 2.3 Mindful Moments

**Goal:** Smooth out mental knots and tension.

**Instructions:**

1. 5–10 minutes of meditation, deep breathing, or stretching.
2. Focus on senses: sight, sound, touch.
3. Notice negative thoughts without judgment – dust off the clippings gently.
4. Gratitude. Try to practice being grateful for three things – these can vary or stay the same, whatever feels best.

## 2.4 Sleep Hygiene

**Goal:** Restore your mental and physical systems while you rest.

**Instructions:**

1. 7–9 hours of sleep nightly.
2. Avoid screens 1 hour before bed.
3. Keep a consistent sleep/wake schedule.



# Section 2: Regular Check Ups – “Weekly Review”

*Here we explore some checks you can do on a weekly basis to help you manage things you struggle with. Being consistent with these activities is key so try to get started doing these more regularly to start seeing real benefits.*

## 2.5 Nutrition and Mental Fuel

1. Protein-rich meals (eggs, fish, lean meat, legumes) support energy.
2. Omega-3s (salmon, walnuts, chia) keep your brain healthy.
3. Stay hydrated – 2–3 litres of water per day.
4. Limit sugar and alcohol spikes; they can create swings in mood.
5. Weekly meal prep = well-prepared routine, fewer surprises.
6. Try to eat a balanced diet for 80% of the time – the remaining 20% can be used to treat yourself (so long as this doesn't conflict with advice from your GP).

## 2.6 Relationships and Social Life

**Goal:** Check in with your relationships; avoid feelings of isolation.

**Instructions:**

1. Schedule at least one catch-up with a mate, family, or colleague at least every second week.
2. Join a hobby group or community activity.
3. Casual check-ins: “How’s life treating you this week?” or “On a scale of one to ten, how’s your week?”

## 2.7 Stress Management

**Goal:** Relax your mind and tension in your body.

**Instructions:**

1. Identify weekly stressors.
2. Use stress-relief techniques: journaling, meditation, music, hobbies.
3. Schedule downtime and reward yourself with fun activities like seeing a movie or taking a break from work and your career by travelling to a new place.

# Section 3: Troubleshooting – “Problem Solving Kit”

ISSUE	ACTION
Persistent low mood	Review daily routine, increase social contact, seek professional guidance.
Anxiety spikes	Grounding techniques, manage caffeine, plan manageable tasks.
Sleep problems	Adjust bedtime routine, create a calming environment to sleep in.
Social withdrawal	Schedule check-ins, join group activities.
Burnout	Prioritise tasks, delegate, schedule rest, seek professional support if needed.

# Section 4: Professional Support – “Expert Insight”

## Why it matters:

Ignoring warning signs can result in mental health issues multiplying. Professional help can help you in maintaining good mental health.

## Step-by-Step:

1. **Identify:** Persistent stress, low mood, irritability, sleep issues.
2. **Find:** GP, psychologist, psychiatrist, counsellor, or telehealth service.
3. **Book:** Script example: “Hi, I’d like an appointment for support with stress/anxiety/depression.”
4. **Prepare:** Think about what you want to talk about and any questions you have.
5. **Attend & Review:** Reflect on helpful strategies; implement consistently.

## Breaking Stigmas:

- Talking about mental health = maintaining your mind, not a sign of weakness.
- Normalise check-ins with mates: “How are you feeling today?”
- Share experiences to encourage others to maintain their mental maintenance.

## Quick Tips:

1. Reframe help as maintenance, not failure.
2. Start small and take one step at a time; focus on making a start or getting to your next goal.
3. Buddy system helps first steps.
4. Telehealth = private and convenient.
5. Track progress – visible improvements reinforce routine.



# Mood Maintenance Checklist

- PHYSICAL ACTIVITY THREE–FIVE TIMES THIS WEEK

- CONNECT WITH ONE–TWO MATES/FAMILY MEMBERS AT LEAST ONCE A FORTNIGHT

- SCHEDULE STRESS RELIEF SESSION (MEDITATION, HOBBY, NATURE WALK)

- TRACK MOOD DAILY

# Mood Maintenance Checklist

- EAT THREE BALANCED MEALS PER DAY

- ONE-TWO HOURS OF DIGITAL DETOX

- GRATITUDE/MICRO-REFLECTION

## Final check

Ongoing care and attention to your mental health keeps you feeling your best. Small, consistent actions build resilience and prevent major breakdowns. Seeking help is part of maintenance, not a sign of weakness.