



**MIND.  
BODY.  
ENVIRONMENT**



**WA MENTAL HEALTH WEEK**

[mentalhealthweek.org.au](http://mentalhealthweek.org.au)

**f** **@MentalHealthWeekWA** **#mhw2023**

How the mind, body and environment intersect is essential to overall wellbeing. Physical health – both inside of us and in the world around us – has a major impact on our mental health. The nutrition we consume, movement of our bodies, the health of the planet and the quality of our housing and neighbourhoods all have a part to play in building healthy communities and individuals. Our bodies keep score of traumas we’ve experienced, it’s important to be able to recognise our trauma bonds and responses, move forward to processing and healing to live our best lives possible.



Government of Western Australia  
Mental Health Commission



WAAMH  
Western Australian Association  
for Mental Health

