

Black Dog Institute

Healthy Mind - an Easy Read tool for building good mental health

Creating a mentally healthier world



Black Dog
Institute

Healthy Mind is an online Easy Read tool for building good mental health

[Start an Activity](#)

Healthy Mind can help you feel better if you've felt

- worried for a long time
- stressed for long time
- angry for a long time
- sad for a long time

Healthy Mind will teach you how to think in ways that are
helpful for having a good life



Activities

Start your activity



Relax, breathe easy

Start This Activity



Tackling Unhelpful Thinking

Start This Activity

Creating a mentally healthier world



Black Dog
Institute

Activities



What does it mean to be relaxed?



Being relaxed means that you stop feeling stressed or worried.



It means you can think about happy things.



Creating a mentally healthier world



**Black Dog
Institute**

Tracking progress



You've completed




Relax, breathe easy



Part 1 of 6: About the program


Would you like to do this part again?

Download and print this part 



Part 2 of 6: Deep breathing

Would you like to do this part again?

Download and print this part 

Creating a mentally healthier world



**Black Dog
Institute**

Videos



How to deep breathe

What is an unhelpful thought?



Creating a mentally healthier world

Log in

What is your first name?

What month and year were you born in?

Please select one of the following:

Please select a security question

What's this for? We will ask you this question if you forget your password

Creating a mentally healthier world



Black Dog
Institute

Black Dog Institute

www.blackdoginstitute.org.au



[/blackdoginst](#)

Creating a mentally healthier world



**Black Dog
Institute**