Learn how to rest and sleep well
Learn to quiet your mind
Believe in something bigger than yourself
Develop a sense of gratitude
Learn the art of good communication
Set yourself a goal
Be around people who make you feel good
Learn and grow from adversity
Go easy and be kind to yourself
Matthew Johnstone has written, illustrated and photographed 8 books, 6 of which have been international best sellers.

Matthew is passionate mental health and wellbeing advocate he spends much of his time on the speaking circuit. He is also a regular speaker and retreat holder at the Golden Door Elysia in the Hunter Valley.

Matthew is the Creative Director at the Black Dog Institute, where alongside some of the best minds in the mental health arena, he develops and delivers illustrated programs on mental health, resilience and wellbeing.

Matthew created a video based on I Had a Black Dog for Mental Health Awareness Month, for the World Health Organisation. It is the most viewed video in the history of W.H.O and has had over 6 million views on Youtube.

In addition to creating books or doing talks Matthew is also a wellness and wellbeing coach, something which dovetails perfectly with all of his other pursuits and passions.