

Australia Joins Worldwide Effort to Help People Take Charge of Their Mental Health

SYDNEY, AUSTRALIA—26 February 2026—Millions around the world started 2026 with resolutions for positive change. The most common relate to exercise, diet, finance and mental health. But now, nearly two months into the year, many resolutions have already faded. According to a [Forbes Health poll](#), many resolutions are lost by January, while the average resolution lasts only 3-4 months. The failure rate is so widespread that the second Friday of January has been informally dubbed “Quitter’s Day” after a global fitness-tracking app analyzed the short-lived January uptick prevalent in hundreds of millions of its users’ activity logs.

With so many people struggling to maintain their resolve, volunteers from Hubbard Dianetics Foundations across Australia and around the world want you to know that those setbacks don’t need to define your 2026 goals. To close out February, Dianetics volunteers in over 50 countries united to reach out and bring a proven, lasting mental health solution to their communities. They are answering the pervasive global demand of people wanting to get proactive about mental health.

Volunteers brought the message throughout the southern hemisphere, sun-soaked beaches and hotspots from Sydney to São Paulo and Capetown to Quito. The outreach also hit snow-covered streets and squares in winter capitals and cities in the United States and Canada, throughout the British Isles and Scandinavia and across Europe’s cultural centers.

They donned iconic red Dianetics gear, with T-shirts on Sydney’s beaches and winter coats in Times Square. Teams provided free stress tests to tens of thousands in more than 250 cities and offered the book *Dianetics: The Modern Science of Mental Health* by L. Ron Hubbard, the all-time bestselling book on the human mind. From coast to coast, Dianetics marks 75 years with new eruption across Australia.

The word Dianetics is derived from the Greek *dia*, meaning “through,” and *nous*, “mind or soul” and is further defined as “what the mind (or soul) is doing to the body.” The book describes the single source for a person’s stress, anxiety and unwanted emotions and gives practical tools one can read and

apply to remove them.

The results of Dianetics are what drive those who have experienced it to share the book and its technology. Hubert Manfred was out on the streets in Sydney and shared his own experience. "Before I read *Dianetics*, I had been suffering from nightmares and panic attacks since I was 10 years old," said Hubert. "In the book, I found the reasons for the trauma from my past that had affected me even in the present. I found answers in *Dianetics* as to why this was happening and was able to release the negative effects. I feel alive again now, and I'm here to tell others because it's real. I know so many people are out there suffering like I was, and they need to know they don't have to.

With many in Sydney seeking to make a fresh start while the year is still young, Dianetics offers a proven path to take control of your mental health and find relief from stress and anxiety. The path starts with reading the book that 22 million have turned to for a clear understanding of the mind. Every weekend more than 330 Dianetics centers in 55 countries offer Dianetics Seminars where people looking to improve their mental well-being can start on their journey to do so. For more information, visit www.dianetics.org.au.

Churlya Wurfel

Hubbard Dianetics Foundation of Sydney, a branch of the Church of Scientology Australia
churlya@tpg.com.au