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youth

&

wellbeing

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exercises you could do;

- yoga
- meditating
- dancing or singing
- gardening
- jogging
- walking
- swimming



- you can do anything that will relax you or reduce anxiety

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sleeping habits

- **sleeping is a huge part of a humans life. We need sleep to let your body rest and prepare us for the next day. Making you sleeping schedule is a good way to stay happy and for a good you mental health as well.**



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eating well

- Eating well can help with your mental health. Things like fruit, veggies, nutrients or a well balanced diet with the your nutrients, meat, veggies etc can be very good for you



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activities you can do to help your mental health

- colouring
- play an instrument
- drawing
- listening to music
- going for a walk
- reading
- and again meditating
- or even socialize with friends & family



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places to get help from

there are many options you have to ask help such as;

- **Have a chat to your Student Manager**
- **Talk to a trusted friend**
- **Talk to your teacher/ parent or guardian or just a person you trust**

if not you can also go to helplines or services for help too

- **Beyond Blue**
- **Mind Matters**
- **Headspace**
- **The DAX Centre**
- **Orygen Life Line**
- **Kids Helpline**