

your toolkit for a healthy headspace

check out our digital kit, visit
headspace.org.au/tips

Further support

If you need to speak to someone urgently, please call:

- Lifeline
13 11 14
- Kids Helpline
1800 55 1800

healthy headspace action plan

It can be hard to make a change, however creating a plan can help. You could explore making a change by using one of the seven tips (see over page) and use the questions below as a start.

- A** What activities are possible? Which seem like fun? What would you like to try or change? *e.g. listen to music, write down my ideas, eat breakfast each day*

- B** When will you do the activities? How often can you do them? *e.g. before bed, twice a week*

- C** How will you know if the activities are working for you? *e.g. I'll laugh, I'll sleep, I'll feel more confident to handle tough times*

- D** What could get in your way? *e.g. I'm busy, I don't have equipment, I am not sure how*

- E** Where can you get support? *e.g. ask a friend to join you, research online, borrow equipment*

You could try these things to help make your changes stick:

- write it down
- set a reminder
- plan it with family or friends
- take note of any benefits
- think about why it's important to you

seven tips for a healthy headspace



1. get in to life

Keep doing the stuff you love to do and the things that are important to you. It can help keep the fun in your life, give you a sense of accomplishment and purpose, boost your confidence and help to connect with others. Some of these things, such as drawing, fishing or playing the guitar, might just be for fun, but other things like work or study can give you new skills and might help to give you meaning. From reading to exploring somewhere new, there are lots of **activity ideas** that can help you get in to life.

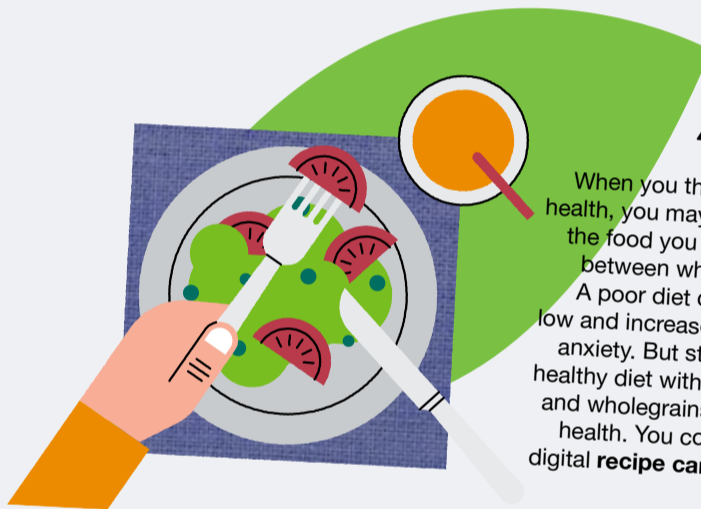
2. learn skills for tough times

There are a lot of different strategies that can help you to manage difficult thoughts and feelings. Things like meditation, taking a digital detox, listening to music, spending time outdoors or writing things down are just a few ways that can help you handle challenging times. You could try out some **meditation with a soothing playlist**, or some **guided deep breathing** to help.



3. create connections

Feeling connected to others is an essential part of being human. Spending time with friends, family and people in your community can really strengthen your mental health and wellbeing. Planning a catch-up with friends, joining a club or committee, or participating in a team sport or safe online community can help you feel connected and meet new people. The digital **conversation cards** might inspire you to connect further with friends, family or people in your community.



4. eat well

When you think of improving your mental health, you may not always consider changing the food you eat. But there is a strong link between what we eat and how we feel! A poor diet can make you feel sluggish, low and increase symptoms of depression and anxiety. But staying hydrated and having a healthy diet with a variety of fruit, veggies, nuts and wholegrains can actually improve mental health. You could try a new meal from the digital **recipe cards** if you need an idea or two.

5. stay active

Staying active can help you to sleep better, manage stress and boost your mood. Find a way to keep active that you enjoy and incorporate this into your regular routine. Make time to take a break from study or work to do some exercise, whether it be going to the gym, kicking a ball around with a friend or just going for a walk. Whatever it is, start small, and make sure it's something you enjoy. There are easy ways to **get some extra movement** in to your daily life.



6. get enough sleep

Getting enough sleep is good for your brain and body. It improves your mood, sharpens your concentration and increases resilience. Reducing things that keep you from restful sleep – like noise or light that keeps you awake, or active stuff like social media or video gaming – will help you improve your sleep. Try a **calming sleep playlist** to help you get some more shut-eye.

7. cut back on alcohol and other drugs

Alcohol and other drugs may feel like they help you to manage hard times in the short term but remember they can interfere with your mental health and make you feel much worse in the long run. Curbing the amount of alcohol and other drugs that you use (or avoiding alcohol and drugs altogether) will help you manage your emotions better and improve your wellbeing. Swap socialising at the pub for movies, boardgames, cooking with friends (you could try a dish from the **recipe cards**), or you could get out for a walk and talk and explore your local area (the **conversation cards** might give extra chat inspiration).

