

Not feeling too deadly?

Nobody is 100% all the time and that's OK. When you are as strong and deadly in as many parts of your life as possible, then you're a stronger you for you, your family, your friends and your community. There is nothing selfish about taking the time to care for yourself.

what might you notice?

Sometimes it can be hard to notice that we might not be feeling 100%. That is normal. Here are some signs to look out for that we might need to pay a little attention to our wellbeing.

If you're not 100% you might notice:

- your mind feels stressed a lot of the time, tired for no reason, flat or sad, or maybe nervous
- your body feels heavy, tired or restless
- you're sleeping less or tired all the time
- you feel disconnected from loved ones
- you're finding it hard to switch off from your phone and social media
- you're using alcohol and other drugs more
- changes in your work or study habits.

These might be impacting on your feelings of purpose, identity and connection to country, culture and spirit.

If you've noticed any of these, take some time to check out these tips to help your social and emotional wellbeing.

TAKE

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STEP