

small steps start big things

Big changes can be overwhelming. Starting small can help. Start by doing things you enjoy. You might be surprised at the difference a small step can have on your mental health and wellbeing.

Use this action plan to set goals for the small steps you want to take.



**take your first
step today,
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

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health.

healthy headspace action plan

A What small steps or 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? What is the best time for you to do the activities?
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

F What small steps could you take to help focus on study or work?

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.

small steps can make a big difference

We have included a few of our own to get you started.

1. Get into life

- Get outdoors - head to the park with your family or friends.
- Embrace the small things in your day – try and get up at the same time.



2. Learn skills for tough times

- Try art as a way to express what you are feeling.
- Build a routine... plan your approach to study.



3. Create connections

- Find someone you trust that you can talk to about your feelings.
- Join a group – drama, music, sport – it doesn't matter what as long as you enjoy it.



4. Eat well

- Try a whole meal without any processed foods.
- Get creative and make a nutritious meal with a friend.



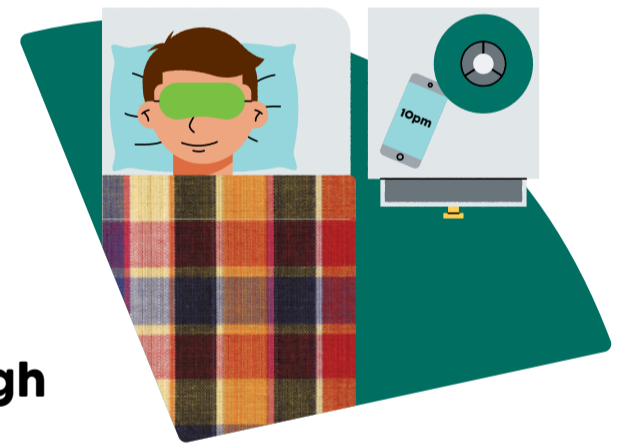
5. Stay active

- Add some physical activity to your daily commute or routine.
- Turn the music up and dance around your room.



6. Get enough sleep

- Take a break from screen before bed.
- Set an alarm and try to get up at the same time each day.



7. Cutting back on alcohol and other drugs

- Stay busy with other activities at times you find it hard to say no.
- Make plans for early the next day to help keep you on track.

