



TIPS

for a

HEALTHY
headspace

headspace

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headspace would like to acknowledge Aboriginal and Torres Strait Islander peoples as Australia's First People and Traditional Custodians. We value their cultures, identities and continuing connection to country, waters, kin and community. We pay our respects to Elders past and present, and are committed to making a positive contribution to the wellbeing of Aboriginal and Torres Strait Islander young people, by providing services that are welcoming, safe, culturally appropriate and inclusive.

headspace is committed to embracing diversity and eliminating all forms of discrimination in the provision of health services. headspace welcomes all people irrespective of ethnicity, lifestyle choice, faith, sexual orientation and gender identity.

Introduction

Good mental health is about being able to reach our full potential and live life in a fulfilling way. It includes things like being able to cope with day-to-day stresses, feel connected to others, participate in work and study, and be active in our communities.

With 1 in 4 young people in Australia experiencing mental health issues, sharing ways to actively take care of their mental health is a key priority for **headspace**. Things like exercising, spending time with friends and family, making time to relax, enjoying hobbies, and having open conversations can help people maintain their mental wellbeing and get back on track when they're going through a tough time.

As part of Mental Health Week and to help celebrate **headspace** day, we asked people

throughout Australia to let us know what they do to help them get into a good **headspace**. The intention was to build a mental health advice campaign created by young people to help other young people.

Through the use of speech bubble placards, young people and the general public could share their own personal tips for a healthy **headspace**. Thousands of people took part on social media and at events held at **headspace** centres across the country, providing a wealth of tips and ideas.

With the help of Jacky Winter, **headspace** has worked with over 50 artists to bring some of these tips to life. Through this book we hope that you can learn, share or find new ways to maintain your mental wellbeing.



How headspace can help

When things get tough it can help to talk to someone who understands what young people go through and get the right support; and **headspace** is a good place to start.

Many things contribute to someone's mental health. That's why **headspace** provides information, support and services across four key areas affecting young people's health and wellbeing:

Mental health

headspace can help if you're:

- feeling down
- stressed or worried a lot of the time
- experiencing relationship problems or difficulties with your family or friends
- want to talk about sexuality or gender identity
- just not feeling yourself, or if you've noticed changes in your thoughts, feelings or behaviour.

Physical and sexual health

Most **headspace** centres have youth-friendly doctors and nurses who can assist you with issues related to:

- any physical health issues
- contraception and sexual health
- drug or alcohol use

If your nearest **headspace** centre doesn't have a doctor or nurse, they can recommend a youth-friendly doctor in your area.

Work, school and study

headspace can help if you are:

- struggling at school or work and feeling anxious or stressed
- unsure of what course you want to do
- needing a hand writing a resume
- searching for a job.

Alcohol and other drugs

Alcohol and other drugs can affect things that matter to you, like your mental health, wellbeing or friendships. If you're having a hard time cutting down, **headspace** can support you to get things back on track.

Which service is right for me?

headspace has lots of information and resources on our website to help you take care of your health and wellbeing. Check out **headspace.org.au**

If you've been using these resources for some time without improvement it's important to get the support of a professional.

headspace centres

headspace centres provide face-to-face information, support and treatment (where appropriate) to young people aged 12–25 for anything affecting their health and wellbeing.

To find out about the services that are available or to make an appointment you can call, email or drop in to your local **headspace** centre. You can also ask a friend or family member, health worker or community agency to make an appointment for you.

Find your nearest **headspace** centre at **headspace.org.au/centres**

eheadspace

eheadspace is our national online and phone support service for people aged 12–25, and their families and friends. Experienced youth mental health professionals staff the service.

Web-chat and phone support operates from 9am - 1am (AEST), every day of the year. You can also email **eheadspace** anytime.

All you need to do to access **eheadspace** is register at **eheadspace.org.au** (for web-chat or email support) or call 1800 650 890.

How can I find out more?

For information about maintaining a healthy **headspace**, to find your nearest centre, or to get in touch with **eheadspace** go to **headspace.org.au**

GET INTO 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 you connect with others.

Some of these things, such as singing or drawing, might just be for fun. Other things like work, study or learning a language can give you new skills and might help to give you meaning.



When I'm not in a good headspace
singing helps me feel better.

Holly 12

How does singing help you keep a healthy headspace?

Singing is great because you can do it any time. When I sing it clears my head. It can also change the way I look at things.

What does having a healthy headspace mean for you?

It means being able to enjoy my life. When I don't have a healthy headspace, I worry.

Is there anything else that helps you keep a healthy headspace?

Being with friends and family. I also like to dance and read Harry Potter.

Is there anything else you'd like to share about yourself?

I also read about inspiring women in history. In fact, here's some lyrics that I wrote:

*"Oh when I hear the music play
 Oh it just makes me want to sway
 Some people made some awesome songs
 Like Maria Callas and Nina Simone
 Oh great women you'll never be alone."*





When I'm not in a good headspace **fishing** helps me feel better.



When I'm not in a good headspace **scrapbooking** helps me feel better.



When I'm not in a good headspace
opp shopping helps me feel better.



When I'm not in a good headspace
travelling helps me feel better.



When I'm not in a good headspace **knitting** helps me feel better.

Didirri 23

Your music has a reputation for captivating an audience to silence. What is it like sharing this experience?

It is absolutely unparalleled, knowing that everyone in a room is potentially having a shared experience – that is also individual – makes my brain fizz. Knowing that I was a part of making that happen gives me great joy.

What does having a healthy headspace mean for you?

The ability to continue a stable amount of happiness and contentment, balanced with a healthy level of stress and challenge.

Why knitting and where can we expect to find you with your knitting needles?

One of the best things to do is find something that can be done anywhere. Obviously as a musician this is particularly useful, but I think that it is a good long term solution. Knitting is a challenge and a constant achievement. Find something that is repeatable and rewarding in every moment.

Is there anything else that helps you keep a healthy headspace?

Table tennis, cards, conversation without judgement, performance and dinner.





When I'm not in a good headspace
karaoke helps me feel better.



When I'm not in a good headspace
origami helps me feel better.



When I'm not in a good headspace **building things** helps me feel better.



When I'm not in a good headspace **colouring in** helps me feel better.



When I'm not in a good headspace
dressing in my bright colours helps me feel better.



When I'm not in a good headspace
playing guitar helps me feel better.



When I'm not in a good headspace
slam poetry helps me feel better.

Sina 17

How does slam poetry help you keep a healthy headspace?

Slam poetry is an outpour of emotion. It lets me take what's on my mind and put it to paper, and in doing so, helps free my mind from the burden of that thought. It's a platform that provides me a voice. A voice to provoke ideas. A voice to provoke emotions. A voice to provoke change.

*They say depression can actually suppress;
 It's self-expression compressed.
 A regression of creativity, humour and curiosity,
 The ember of a fire with no luminosity.*

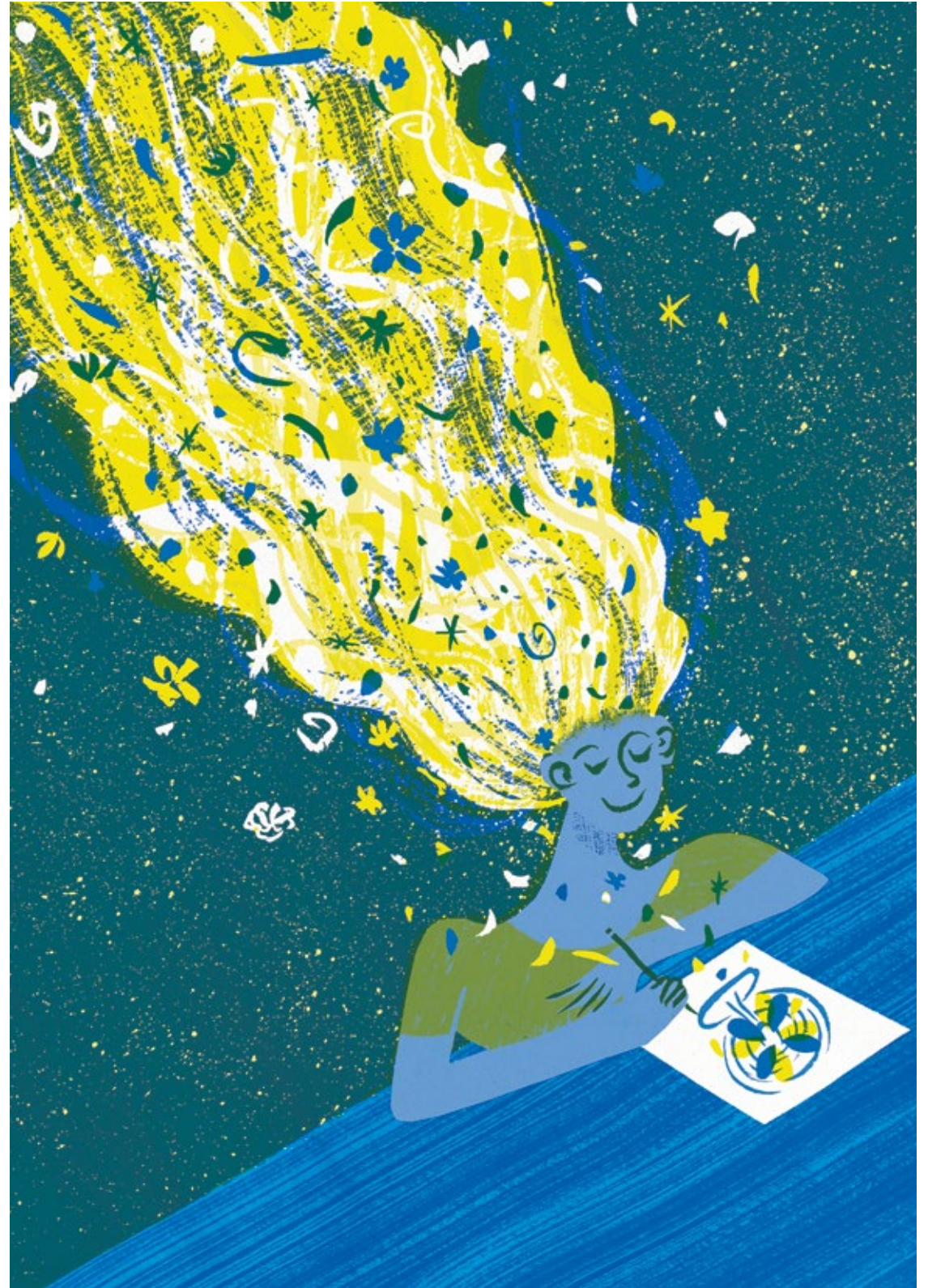
*But,
 My choices don't reflect my hopes,
 But my fears.
 I've been forced and made to shift my own gears.
 To ignite a fight within myself;
 To relight the flame that was exhausted.*

*Don't let the mistakes define who you are.
 Keep moving until you reach the path you were
 destined for
 The trail you make refines who you are
 It's never too late to start.*





When I'm not in a good headspace
reading a good book helps me feel better.



When I'm not in a good headspace
drawing helps me feel better.



CONNECT

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.

Plan a catch-up with friends, remind someone that you are grateful to have them in your life or cuddle your pet.

Getting involved with volunteer work that you care about, joining a club or committee, participating in a team sport or a safe online community can also help you feel connected and meet new people.



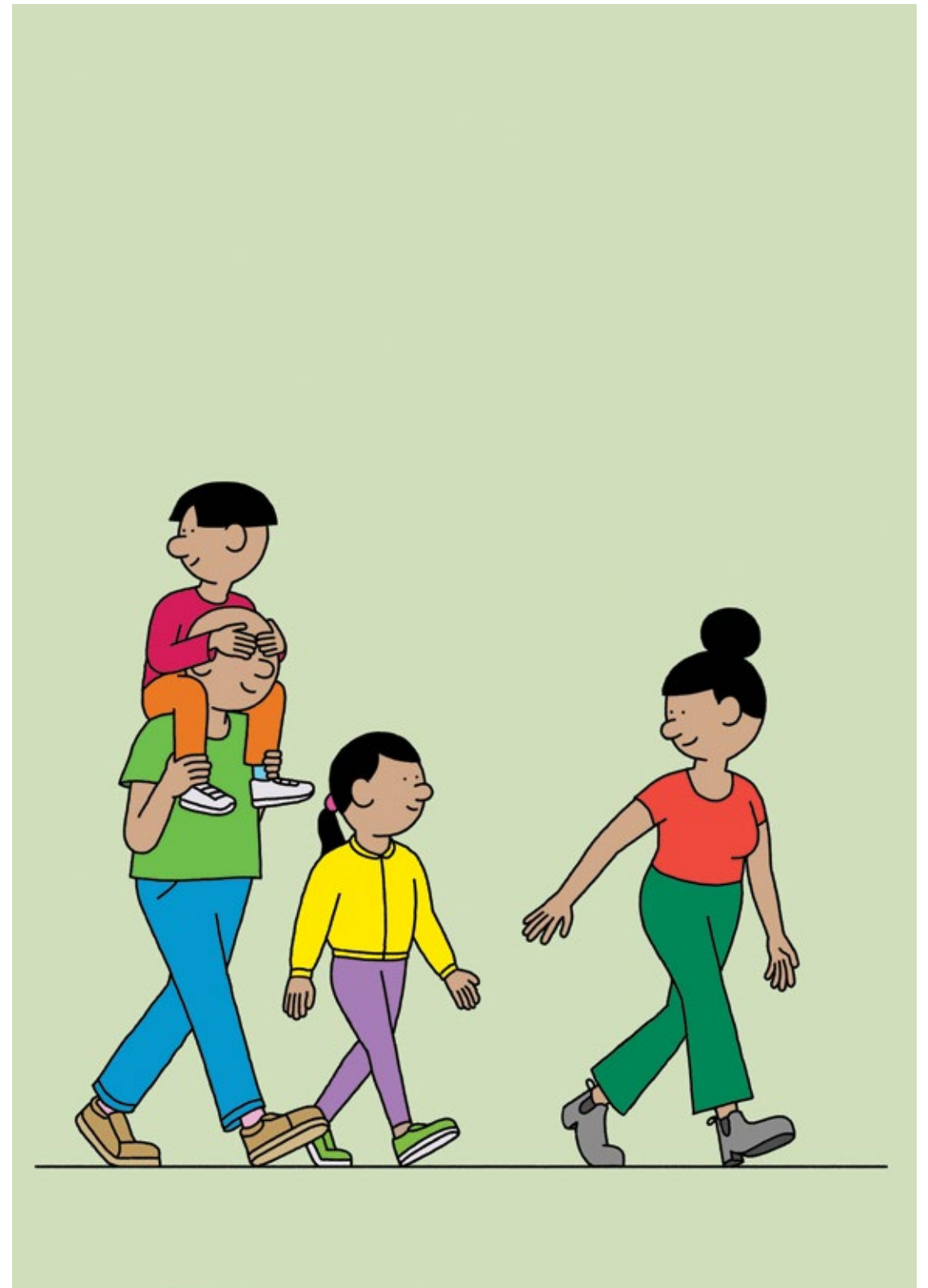
When I'm not in a good headspace **surrounding myself with positive people** helps me feel better.



When I'm not in a good headspace **cuddles** help me feel better.



When I'm not in a good headspace
talking it out with a mate helps me feel better.



When I'm not in a good headspace
spending time with family helps me feel better.



When I'm not in a good headspace
a good comedy helps me feel better.



When I'm not in a good headspace
curling up with my cats helps me feel better.

OTHER PEOPLE'S SMILES!



THE CAFFEINE IS FINALLY WORKING SMILE



PUBLIC HOLIDAY SMILE



60TH SMILE



WORKPLACE ROMANCE SMILE



DEFINITELY WEE'D IN THE POOL SMILE



PUNK IN LOVE SMILE



LOW-KEY SMILE



NEW PAIR OF SOCKS SMILE



TIRED HOUSEMATE SMILE



SASSY GRANNY OUT ON THE TOWN SMILE



SUS SMILE



KINDLY HIPPIE SMILE



NERVOUS - BUT - SORT-OF- EXCITED SMILE



MILK DRUNK SMILE



GOOD HAIR DAY SMILE



APPEALING FOR TREATS AND OR WALKS SMILE



JUST ATE A GREAT SNACK SMILE



TOO KEEN FINDER DATE SMILE



SMILING ON THE INSIDE SMILE



DOUBLE DIMPLE SMILE

When I'm not in a good headspace **other people's smiles** help me feel better.



When I'm not in a good headspace **coffee dates with friends** help me feel better.

LEARN NEW WAYS TO HANDLE TOUGH TIMES

If things are getting tough and nothing's working, try finding a new way to manage these feelings. Do some research and find what might work for you.

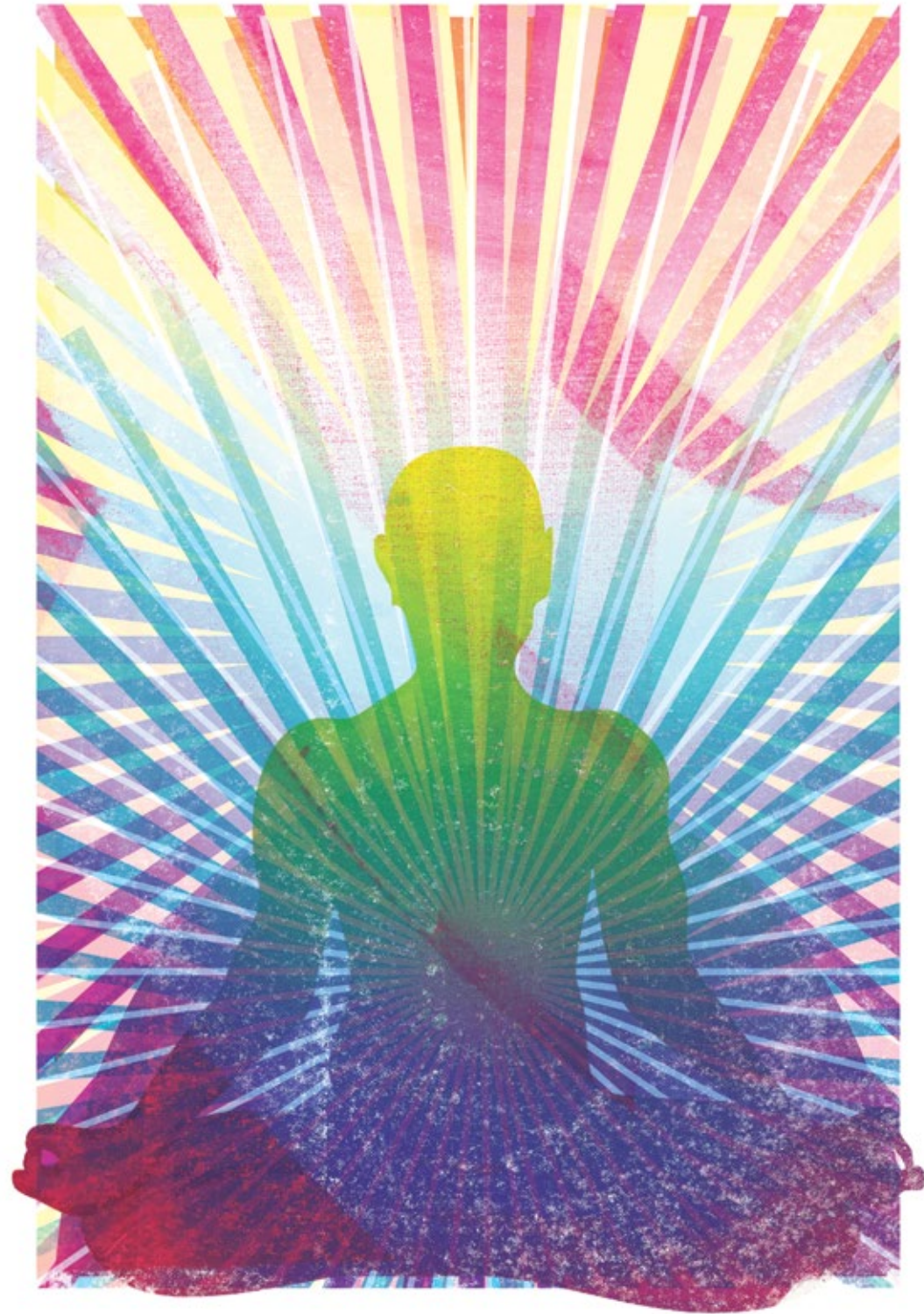
There are many ways to manage difficult thoughts and feelings – like having a warm bath, writing in a journal, spending time in nature or listening to slow music.

Learning some techniques such as 'creative visualisation', 'mindfulness' and breathing practices can also be really useful to relax your body and manage thoughts and feelings.

You can find some helpful resources at [headspace.org.au](https://www.headspace.org.au) or you can speak to a healthcare professional to get some coaching.



When I'm not in a good headspace
the beach helps me feel better.



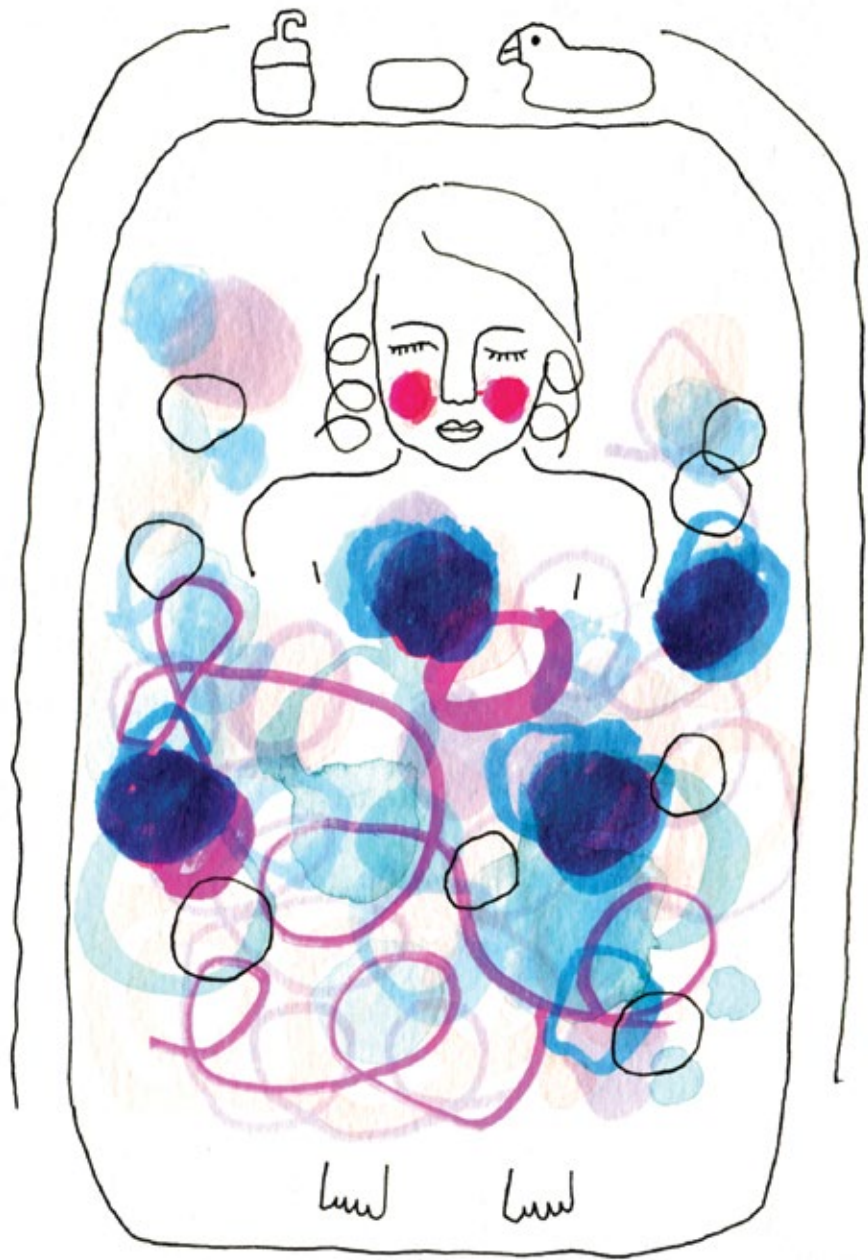
When I'm not in a good headspace
meditation helps me feel better.



When I'm not in a good headspace **being in nature** helps me feel better.



When I'm not in a good headspace **writing in my journal** helps me feel better.



When I'm not in a good headspace
having a bubble bath helps me feel better.



When I'm not in a good headspace
gardening helps me feel better.



When I'm not in a good headspace
music helps me feel better.

Niharika

23

How does music help you keep a healthy headspace?

Listening to music helps to me relax and takes me to another place. It helps distract me when I'm not feeling too good. Music holds a special place for me as I find that listening to songs that I can relate to really helps me to feel understood.

What does having a healthy headspace mean for you?

It means being able to do all the things I want to that make me feel good about myself and allow me to make a positive contribution in society.

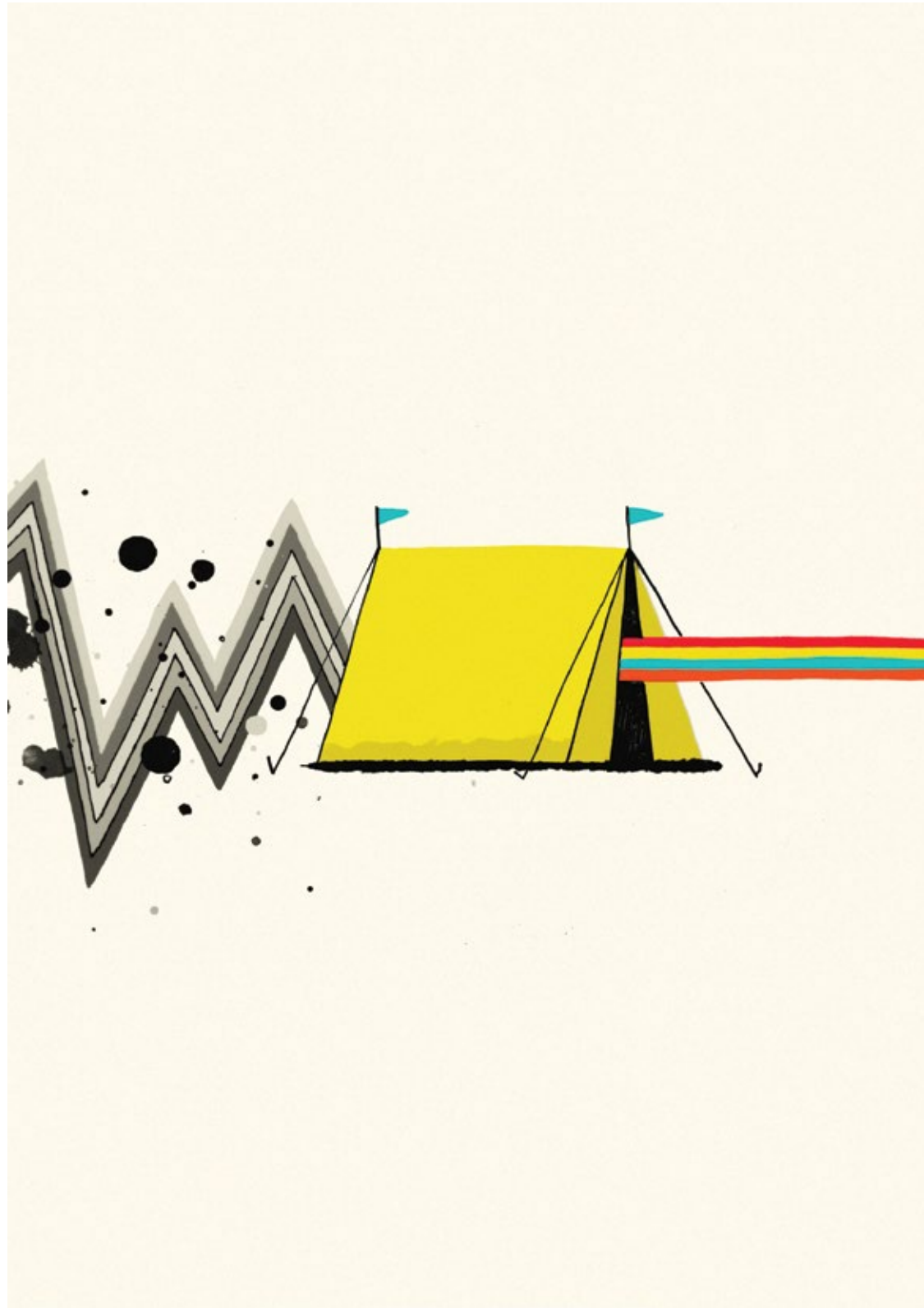
What else helps you keep a healthy headspace?

Eating well and exercising regularly also helps me keep a healthy headspace. If your body is happy, it is a lot easier to keep your mind happy too.

Is there anything else you'd like to share about yourself?

Mostly that I am always down for a chat about the difficult stuff and you would be surprised how many people are. Reach out if you feel alone, because I can guarantee you are not. Stay strong!





When I'm not in a good headspace **camping** helps me feel better.



When I'm not in a good headspace **listening to podcasts** helps me feel better.



When I'm not in a good headspace
fresh air and sunshine helps me feel better.



When I'm not in a good headspace
watching the sunrise helps me feel better.



EAT WELL

When you think of improving your mental health, you may not always consider changing the food you eat. 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. Staying hydrated and having a healthy diet with a variety of fruit, veggies, nuts and wholegrains can actually improve mental health.



When I'm not in a good headspace
good food helps me feel better.



When I'm not in a good headspace
ramen helps me feel better.



When I'm not in a good headspace
cooking helps me feel better.

The Best Tofu Scramble

This is an edited extract from *Smith & Daughters: A Cookbook (that happens to be vegan)* by Shannon Martinez & Mo Wyse published by Hardie Grant Books

Serves 4–6

Sauce

- 35 g (1 ¼ oz/ ¼ cup) plain (all-purpose) flour
- 15 g (½ oz/ ¼ cup) nutritional yeast
- ¼ teaspoon ground turmeric
- ¼ teaspoon sweet paprika
- ½ teaspoon black salt (optional, but worth getting)
- 250 ml (8 ½ fl oz/1 cup) soy milk
- 1 teaspoon dijon mustard
- 2 tablespoons butter

Scramble

- 1 tablespoon butter
- 1 tablespoon olive oil
- ½ onion, finely chopped
- 2 garlic cloves, crushed
- ½ jalapeno, finely chopped (with seeds removed for a milder taste)
- 500 g (1 lb 2 oz) extra-firm tofu, drained and crumbled into biggish chunks
- small handful of your favourite herb

Mo Wyse

Co-founder Smith & Daughters Restaurant, Melbourne

Why is maintaining a healthy headspace important?

To have your headspace healthy, no matter how hectic things may be, is the only way to stay productive and happy. From a food perspective, they always say you can taste the love in the food. It's the same with other aspects of life. A healthy mind means you can give more, do more, and have more meaningful relationships, and be proud of what you put out into the world.

To make the sauce, combine the flour, yeast, spices and black salt (if using) in a medium-sized saucepan over medium heat. Slowly add the soy milk, whisking constantly until you have a smooth sauce. Add the mustard and butter and whisk until thick and creamy. Reduce the heat to as low as possible and simmer, whisking often, for 5 minutes. Remove from the heat and set aside while you make the scramble.

Heat the butter and oil in a large non-stick frying pan over high heat. Add the onion and a pinch of salt and cook, stirring occasionally, until golden brown.

Toss in the garlic and jalapeno and cook for 30 seconds.

Add the tofu and gently stir to coat in the onion mixture. Without stirring, fry the tofu until it browns slightly on one side. If you find that your tofu is letting out too much liquid and it's starting to stew instead of fry, tilt the pan and remove the liquid with a spoon.

Add the reserved sauce and gently fold through the tofu. Be careful not to break up the tofu too much or you'll end up with some kind of weird eggy tofu soup.

Finish with a scattering of your favourite herb and season to your liking.



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.



When I'm not in a good headspace
taking a break from drinking helps me feel better.



When I'm not in a good headspace
a cup of tea helps me feel better.



STAY ACTIVE

Staying active can help you to sleep better, manage stress and boost your mood. Find ways to keep active that you enjoy, and incorporate these into your regular routine.

Make time to take a break from study or work to do some exercise – whether that's going to the gym, kicking a ball around with a mate or just going for a walk. Whatever it is – start small – and make sure it's something you enjoy.



When I'm not in a good headspace
swimming helps me feel better.



When I'm not in a good headspace
walking my dogs helps me feel better.



When I'm not in a good headspace **running** helps me feel better.



When I'm not in a good headspace **going for a walk** helps me feel better.



When I'm not in a good headspace
dancing helps me feel better.

Domina 20

How does dancing help you keep a healthy headspace?

Dancing floods my system with endorphins. It's also a physical expression of being free and just feeling the groove (by yourself or with others!)

When I dance – whether for fun or as a sport – it helps me focus on the music and nothing else. It's both a distraction and an achievement; "Yes! I completed some fitness and stretching!" or "Yes! I nailed that choreography". It's a win-win situation when it comes to dancing.

What does having a healthy headspace mean for you?

It means to have clarity and feel content. Like most people I tend to want to be happy. But I can tell I'm in a good headspace when even though I might not be entirely happy I'm okay and things are manageable.

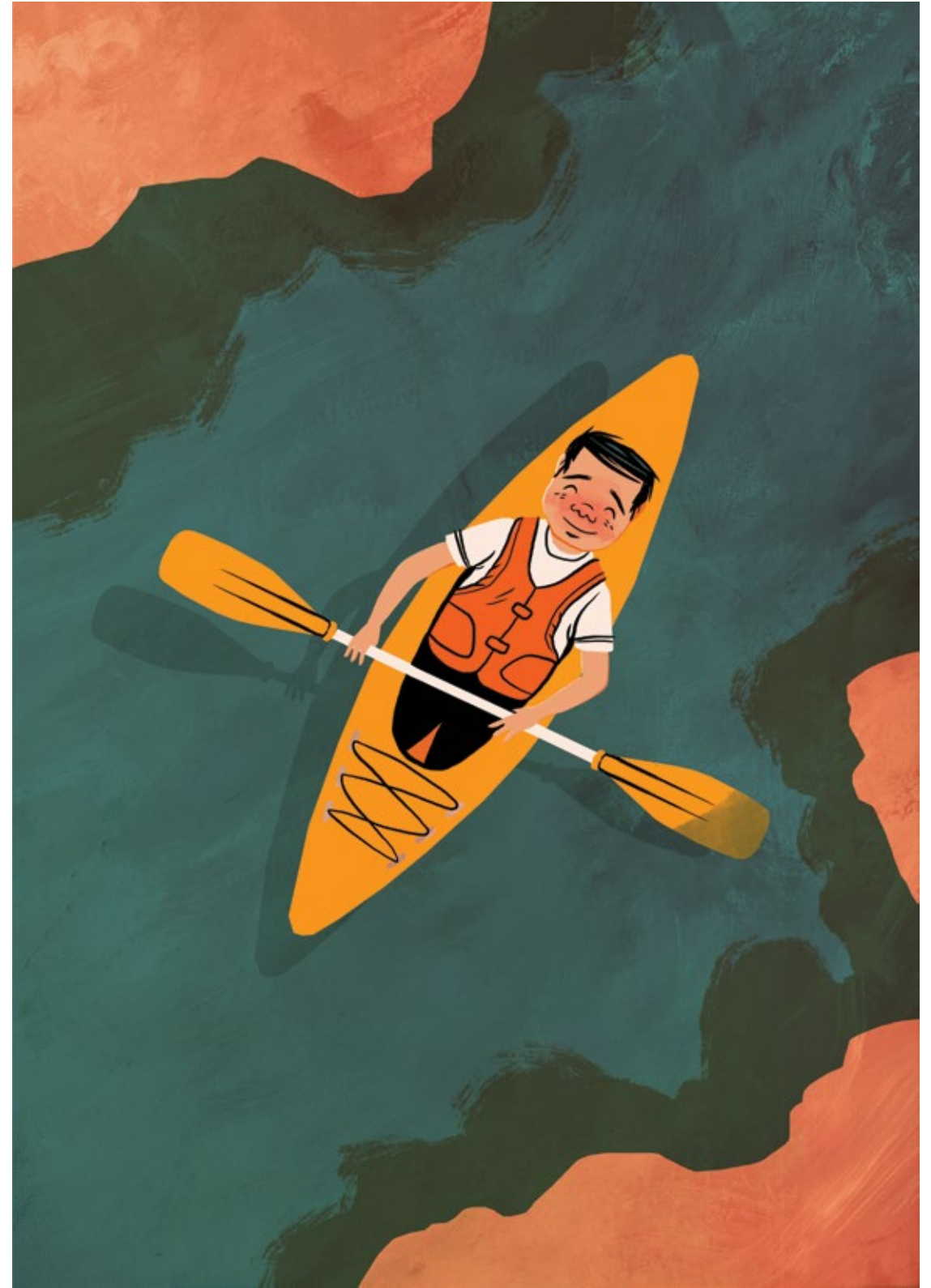
Is there anything else that helps you keep a healthy headspace?

Self-affirmative talk and self-love.





When I'm not in a good headspace **yoga** helps me feel better.



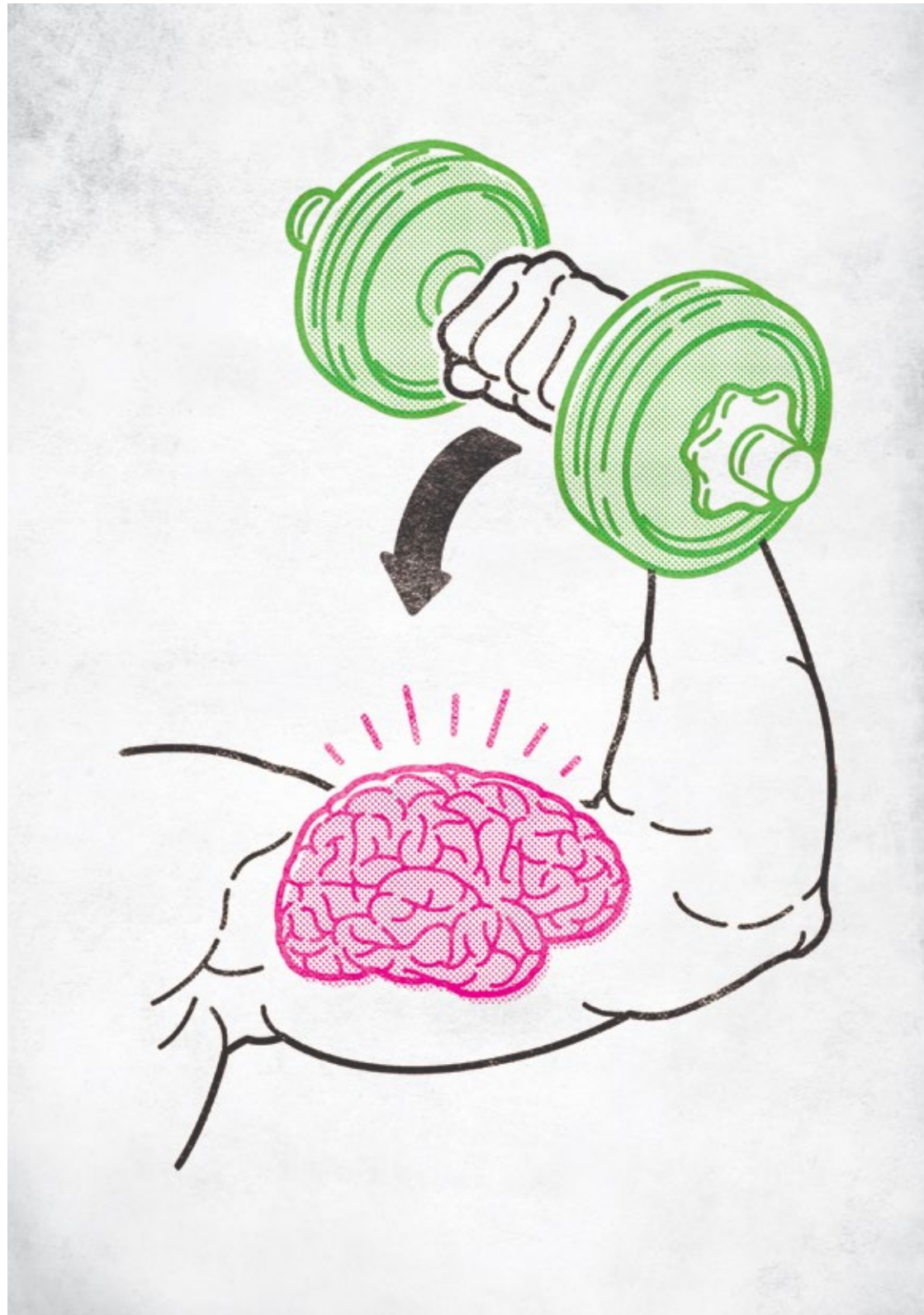
When I'm not in a good headspace **kayaking** helps me feel better.



When I'm not in a good headspace **boxing** helps me feel better.



When I'm not in a good headspace **skateboarding** helps me feel better.



When I'm not in a good headspace
going to the gym helps me feel better.



When I'm not in a good headspace
surfing helps me feel better.



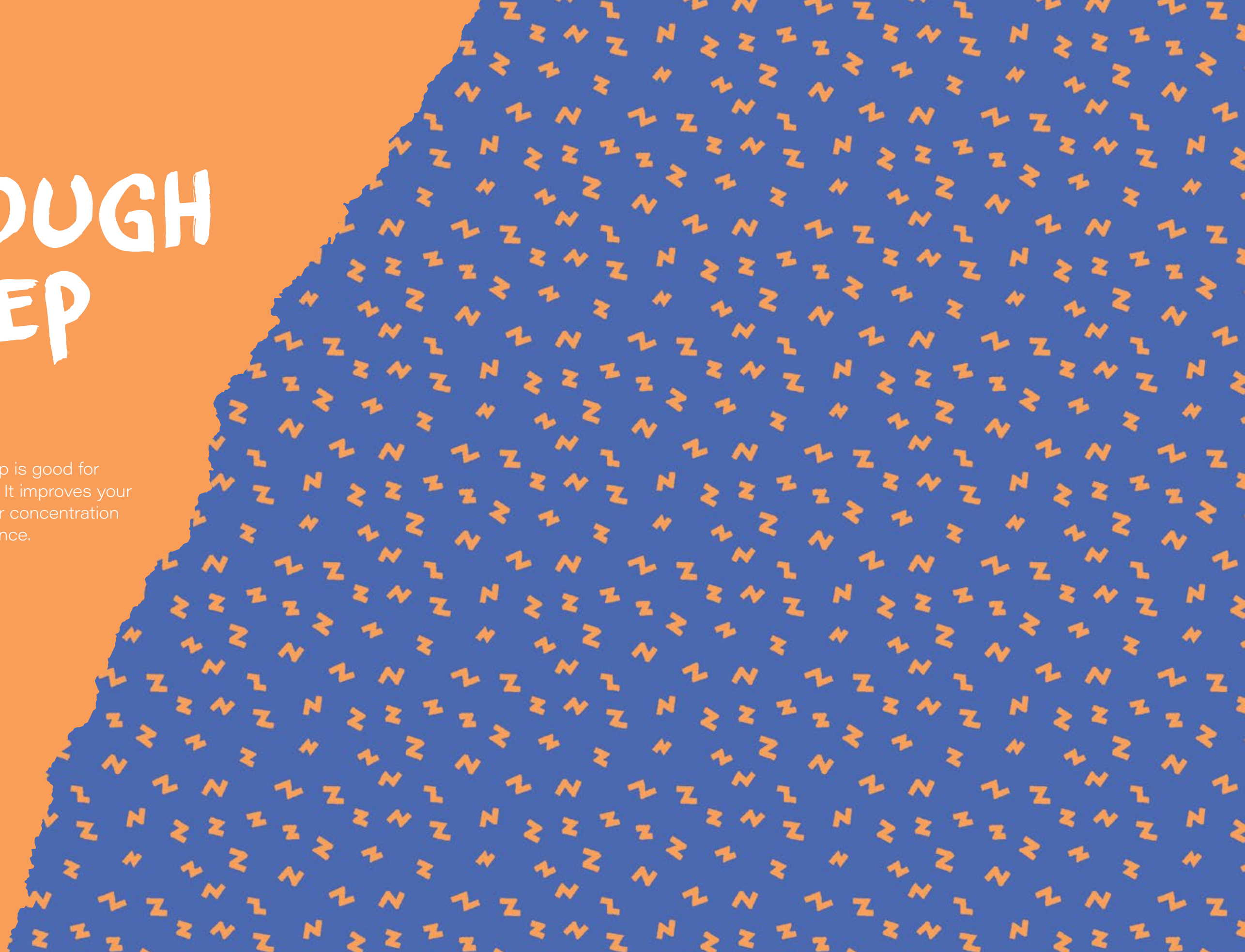
When I'm not in a good headspace
riding my bike helps me feel better.



When I'm not in a good headspace
playing AFL helps me feel better.

GET ENOUGH SLEEP

Getting enough sleep is good for your brain and body. It improves your mood, sharpens your concentration and increases resilience.





Some tips to help improve your sleep

TIP #1

Try reducing the amount of noise and light keeping you awake.

TIP #2

An hour before bed, switch your brain into rest-mode by doing passive stuff (like reading) rather than active stuff (like social media or video games).

TIP #3

Avoid or limit substances that can affect your sleep, such as caffeine and alcohol.

TIP #4

If you're waking up in the middle of the night, it can be easy to stress out. The most helpful thing to do is find a way to be restful while awake, such as meditation or reading.

TIP #5

Hide the clock. Seeing what time it is can stress you out further. Turn your clock around or keep your phone out of reach.

When I'm not in a good headspace
a good night's sleep helps me feel better.

SEEK HELP

Emergency assistance

If any of the content in this book has brought up issues or thoughts for you, and you're in need of immediate support or medical assistance please contact one of these services:

Emergency services – 000

Lifeline – 13 11 14

Kids Helpline – 1800 55 1800

Support services

If you're aged 12–25 and going through a tough time, you can speak to **headspace**:

headspace centres – headspace.org.au/centres

eheadspace.org.au – 1800 650 890

Acknowledgements

The *Tips for a healthy headspace* book is the culmination of the work and dedication of a huge number of passionate and talented people. **headspace** would like to acknowledge and thank all of those involved in bringing this project to life.

The Jacky Winter Group for supporting this project.

Why is collaborating with headspace important for The Jacky Winter Group?

"Our business runs on creative fuel, so our minds are our greatest assets! In the same way that athletes care meticulously for their bodies, we need to ensure that we're actively dedicating conscious time and effort to caring for our emotional wellbeing. A healthy mental state is paramount for great creative work."

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Angela Ho	Anthony Calvert	Ben Sanders
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James Fosdike	James Gulliver Hancock	Jane Reiseger
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The Letterettes	Tommy Doyle	Vince McIndoe
We Buy Your Kids		

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