

7 tips for a healthy headspace

Tip 1. get in to life

Doing ‘stuff’ matters, because it:

- gives me confidence
- gives me energy
- gives me motivation.

How can I do more ‘stuff’?

I can:

- make a list of things I enjoy doing or things I want to do
- set goals that feel easy
(I will go for a short walk with my friend)
- make a plan
(I will go for a short walk with my friend on Saturday)
- stick with my plan
(I will go for a short walk with my friend on Saturday even if it rains)
- think about how it made me feel
(walking with my friend makes me feel calm)
- be kind to myself and give myself time to get better at new things.



“I know that doing things I enjoy - such as reading, listening to music, going out in nature - helps lift my mood. It gives me a chance to get out of my own head for a while.”

Alessandra

Tip 2. **learn skills for tough times**

Learning skills for tough times is important because it:

- helps me understand myself
- gives me a feeling of achievement
- builds my confidence
- lifts my energy
- improves my motivation.

Some skills that can help me in tough times are:

- deep breathing
- taking a break from social media
- going outside for a walk
- thinking kind thoughts about myself
- exercising
- being mindful or meditating
- spending time with family or friends
- drawing or painting my feelings
- writing in a diary or a journal
- writing down what is happening and different ways I can handle it.



Tip 3. **create connections**

Spending time with people who care about me:

- gives me energy
- makes me feel like I belong
- helps me relax
- makes me feel supported.

How can I improve the ways I connect with people? I can:

- stay friends with people who make me feel happy and let me be myself
- be friends with lots of different people, like school friends, work friends, neighbours, older people and people who like what I like
- be honest and share my thoughts and feelings with my friends
- be kind to myself in social situations, I know it can be hard to talk to people sometimes
- remember to look after myself, looking after myself teaches me how to care for others too
- be brave and speak to someone new.



Tip 4. eat well

What I eat can change the way I feel. Eating well can help me to feel better. Eating well:

- gives me more energy
- helps me sleep better
- helps me concentrate
- helps me feel good.

To feel good I can eat:

- colourful fruits and vegetables
- wholegrain cereals and breads
- beans, lentils and nuts
- unsweetened yoghurt
- olive or canola oil
- fish (tinned is fine).

**I don't have to be perfect,
I can choose to eat well
most of the time.**



Tip 5. stay active

Staying active:

- helps me sleep better
- gives me more energy
- gives me confidence
- helps me feel less stressed and worried.

How can I stay active? I can:

- choose activities I like to do
- ask a friend to join me
- join a club or sports team
- try something new
- ask someone I trust to help me be more active
- plan to be active
- stick to my plan
- be active even when I don't feel like it.



Tip 6.

get enough sleep

Sleeping well is good for my wellbeing because it:

- gives me more energy
- helps me to remember and concentrate better
- makes me less likely to crave extra snacks
- helps me cope with tough times.

How can I sleep better? I can:

- watch a movie or TV show before bed instead of being on social media, YouTube or gaming
- decide to go screen free an hour before bed
- turn down the brightness on my phone or computer at night
- use a mindfulness app like Smiling Mind everyday
- try to get up at the same time everyday
- avoid caffeine at least 6 hours before bed
- try not to nap in the daytime.



Tip 7.

cut back on alcohol and other drugs

Cutting back on alcohol and other drugs is good for my mental health because it:

- helps me to remember and concentrate better
- helps me to avoid hangovers and comedowns
- gives me motivation
- helps me to sleep well
- helps me to cope with tough times.

How can I cut back? I can:

- **start slow:** choose to take a short break that feels okay for me. Maybe choose one more alcohol or other drug free night per week.
- **be patient:** making changes takes time. I know I need to give my body and mind time to reset.
- **stay healthy:** eating well, staying active, getting enough sleep and spending time with people who care about me helps me to cut back.
- **be kind to myself:** ups and downs are normal. I know that I will get better at cutting back every time I try.

