

pause. reflect. reconnect.

**This headspace Day,
press pause, take a
moment to reflect and
reconnect with what
works for you.**



Find more ideas at
headspace.org.au/reconnect



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National Youth Mental Health Foundation

pause. create. reconnect.



When things start getting too much, press pause, and do something you love. Maybe try something creative?



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National Youth Mental Health Foundation

pause. enjoy. reconnect.



When things start getting too much, press pause, and do something you love. Maybe cooking with a friend?



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National Youth Mental Health Foundation

pause. reach out. reconnect.



When things start getting too much, press pause, and spend time with someone close. Maybe challenge the family or a mate to a game?



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