

why you should make space

notice
pause
**make
space**

1.

It can give
you more
energy

2.

It can make
you feel
moments
of feeling
gratitude

3.

It can help
you stay on
task and
manage time

4.

It can help
you stay
connected to
friends and
family

5.

It can help
you create
new healthy
habits



headspace

National Youth Mental Health Foundation

Your **make space** game plan

Making space is simpler than it sounds. Start with three steps: Notice. Pause. Make Space.

- **Notice** when you're feeling worn out.
- **Pause** to give yourself a moment.
- **Make space** so you can feel grounded and present.

This page is here to help you create your own way of making space and turn it into something you can return to whenever you need it.



Further support

If you need to speak to someone urgently, please call:

Lifeline

13 11 14

Kids Helpline

1800 55 1800

notice
pause
**make
space**

1 what activity makes you feel better?

(e.g. baking, painting, walking the dog)

2 When can you make time for it?

(e.g. right after work, Sunday mornings, between classes)

3 How will you know it's working?

(e.g. I'm less snappy, I laugh more, I stop doomscrolling at 2am)

4 What could get in the way?

(e.g. overbooking yourself, forgetting to take breaks)

5 Who's there for you?

(e.g. a mate who'll text you, your sibling or you group chat)

6 What keeps you in the moment?

(e.g. baking, painting, walking the dog)