



the facts:
tips for a healthy headspace



headspace
National Youth Mental Health Foundation

get into life

Achieving small tasks and doing things you enjoy can make you feel good. It can boost your confidence and lift your mood – helping you keep a healthy headspace.

The activities you do can have a big impact on your headspace. When you spend time doing things you enjoy (or used to enjoy), it can give you relief from tough times, and build some fun in your life. Likewise, when you set and complete small tasks (like homework, staying active or giving back to your community) it can help to create a sense of accomplishment and meaning.

The key is to focus on doing – even if you don't want to or feel like it.



How do I get into life?

Doing stuff matters. But sometimes it can also be really hard to do, especially if you're going through a difficult time. Often when we're feeling flat or sad, doing things can be the last thing we want to do. For times like this, we have some ideas below that might help.

As you set and achieve even small tasks you will learn more about yourself, build confidence and improve your wellbeing.



Doing stuff can help your headspace by:



Getting you out of a rut – if you're feeling flat.



Giving you a sense of achievement and purpose.



Building your confidence.



Lifting your energy.



Improving your motivation to achieve your goals. i.e., work, study, or staying active goals.



How can I get into life and do more?

Here are six strategies you could try.

1. Set small goals

Go for a walk or call a friend for a chat. It can be anything, the important thing is to set the goal and follow through.

2. Find activities you enjoy

If you're going through a hard time, you may not feel excited about doing anything. But think back – what did you used to enjoy? This can be a good place to start. It's a good idea to have a number of activities you can do, that way if one doesn't work out, you can try another.

3. Make a plan

When you think of an activity, make time for it. Look ahead at your week and block out some time.

4. Keep trying

Find ways to follow through with your scheduled activity, even when you don't feel like it. You may not feel like doing anything, so it might help to learn new ways to handle this. Try telling a friend what you're doing, this can help keep you on track.

5. Reflect

Once you begin achieving your goals, take some time to reflect on how it makes you feel. Did you enjoy it? Did you feel a sense of accomplishment? If you did, that's great. If not, that's OK. You could try something else.

6. Be kind to yourself

Maybe you could try a new hobby that you're not great at. Think of it as making time with yourself to learn and grow. Keep trying, be kind to yourself, and enjoy the learning journey.



Healthy habits

When you're feeling low or stressed it's important to put healthy habits in place – to give yourself a better chance of coping with life's challenges.

Doing stuff and achieving little things every day is an important healthy habit, but it's not the only one. Things like staying active, eating well, and spending time on your relationships are also important for good mental health.

Getting support

There are lots of ways to look after your headspace.

Check out headtohealth.gov.au, or if you're 12-25 the [headspace website](https://www.headspace.org.au), for tips on how to look after your mental health.

If you've tried some of these strategies for some time without improving despite your efforts, it's time to reach out to a trusted friend, colleague, family member, Elder, teacher, counsellor, or a health service.



If you or someone you know is going through a tough time, support is available.

Check out headtohealth.gov.au to help find the right service for you. If you're aged 12-25, [headspace](https://www.headspace.org.au) can support you through our online and phone services or centre support services. For more information visit [headspace.org.au](https://www.headspace.org.au).



If you need immediate assistance call 000 or to speak to someone urgently, please call Lifeline on 13 11 14 or Suicide Call Back Service on 1300 659 467. Aboriginal and Torres Strait Islander people can also call 13YARN.

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