



the facts:
tips for a healthy headspace



headspace
National Youth Mental Health Foundation

stay active

Staying active is super important in keeping a healthy headspace and it can help improve our mood. It's often when we're stressed out or low that getting active can help the most.

The key to getting active is to find something you like to do. This can mean different activities to different people. It can also be a good way to connect with others who are also trying to stay active, and this can help with motivation.



How do I stay active?

Staying active is anything that gets your body moving and increases your heart rate.

Activities like walking, playing sport, yoga, dancing, gardening or swimming all help release stress and can give you a better chance of improving your mental health and wellbeing.

Getting active can improve both our physical and mental health.



There are so many benefits to staying active

It can:

- help you sleep better
- improve your concentration
- raise your energy levels
- improve your confidence
- boost your mood
- release stress
- lower anxiety.



Some tips to get started

Changing habits can be hard, remember to be kind to yourself while you're trying out new things.

Start small

Start by setting small goals; you will most likely achieve them, and this can help you to feel more motivated.

Keep track

Monitor your progress and track the benefits after you're active. Notice how this made you feel. This can help you see the connections between how moving more helps you feel better.

Do what you enjoy

Whether you enjoy working hard for short periods of time, or prefer swimming at the beach, it will be a lot easier to stick to it if you're having fun!

Make the time (even when you're busy)

When you're busy and stressed, staying active can be the first thing you stop. But prioritising physical activity can help you through the tough times.

Set a routine

Plan ahead and make staying active a part of your routine. Be organised, e.g., have your workout bag ready at the door, set reminders on your calendar or phone and setting an alarm can help you stick to your goals.



It can help to add the activity into the routine you already have (e.g., walking part or all of the way to school, TAFE, uni, work, the park, shops or cafe).



Healthy habits

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

Staying active is an important healthy habit, but it's not the only one. Things like sleep, 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](https://headspace.org.au) website, 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://headspace.org.au) can support you through our online and phone services or centre support services. For more information visit 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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