



the facts:
tips for a healthy headspace



headspace
National Youth Mental Health Foundation

tips for a healthy headspace

A healthy headspace allows us to live our lives in a productive and meaningful way.



We can work, study, feel connected to others, be involved in activities in our community and bounce back when life's changes and challenges come along.



How can I boost my mental health?

There are a number of things you can do to look after and maintain your mental health and wellbeing. These include:

Stay Active

Staying active can help you sleep better, manage stress and boost your mood.

The key to getting active is finding something you like to do. Whether it's going to the gym, kicking a ball around with a friend, or going for a walk – make sure it's something you enjoy, that way you're more likely to stick with it. Start with small, manageable goals. Asking a friend to join you can help with motivation.

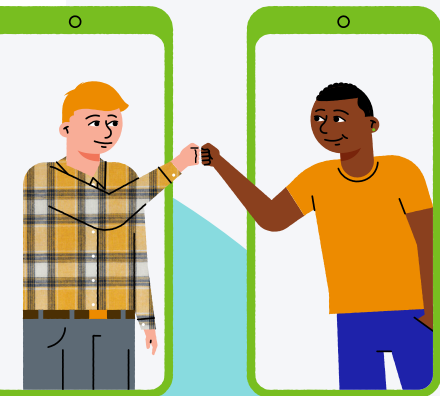
Create connections

Spending time with family, friends (including pets), your mob and people in your community can help strengthen your mental health and wellbeing. You can try things like:

- volunteer work
- hobbies
- clubs or committees
- sports.



Finding a safe online community can also help you feel connected and meet new people.



Get in to life

Keep doing the stuff you love to do and the things that are important to you. It can help keep the fun in your life, give you a sense of purpose, boost your confidence and help you connect with others.

Some of these things, such as skating, reading or playing the guitar, might just be for fun, but other things like work or study can give you other skills and can help to give your life meaning.

Eat well

Eating well can improve your mood, energy levels, and your health and wellbeing. Eat nutritious food (like veggies, fruit and whole grains) and drink plenty of water to give your body and brain all the power it needs to function well. Sometimes we turn to snacks that aren't nutritious when we're stressed, so it's a good idea to develop coping strategies that aren't related to food for these times (e.g., relaxation activities).

Get enough sleep

Getting good quality sleep can give you more energy, improve your concentration, and helps protect your mental health and wellbeing. But getting a good night's sleep isn't always easy – some tips:

- turn off screens at least an hour before bedtime
- try relaxation exercises
- have a bedtime routine
- avoid caffeine at least six hours before you go to bed.
- limit the use of alcohol and other drugs
- avoid napping during the day.

Cut back on alcohol and other drugs

Cutting down on the amount of alcohol and other drugs that you take, or avoiding alcohol and other drugs altogether, can help you sleep better, feel better, and keep a healthy headspace.

Even though alcohol and other drugs may make you feel good in the short term, they can impact your mental health and make you feel much worse in the long run.

Keep doing the stuff you love to do and the things that are important to you.



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.

Learn skills for tough times

Taking time to think about how you handle tough times is really important. Sometimes the things we do naturally can help, and sometimes they don't.

Build your options for handling tough times, they'll come in handy now and into the future. Things like:

- using art, music or journaling to express yourself
- spending time in nature
- writing down your triggers/what you find difficult
- setting some small goals, and seeing them through
- practising being kind to yourself
- meditating or doing relaxation exercises.



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.



headspace National Youth Mental Health Foundation is funded by the Australian Government.