

The 2021 headspace Bondi Junction Youth Reference Group presents

# SIMPLY SURVIVING

Your guide to mental health and beyond,  
for young people from young people



headspace  
Bondi Junction

Toni is sharing screen



Toni Ottavio

## Welcome from the Centre Manager

More than 75% of mental health issues develop before the age of 25 years. headspace provides early intervention mental health services for people 12-25 years old. headspace Bondi Junction can help young people and their families with mental health, physical health (including sexual health), alcohol and other drug services, and work and study support.

Our centre is located next to Anita Gelato Westfield Bondi Junction. We are open Monday to Friday 8:30am-6pm. We have youth-friendly admin staff to welcome young people and their families and a clinical team of mental health clinicians, IPS-Education Specialist Workers, counsellors, and GPs. In fact, we have GPs in the centre almost every day to support young people. We also can't wait to have the Sydney Sexual Health Service back in the centre on Monday and Wednesday and the Oral Health Clinic in 2022.

To learn more about our centre please head to our [website](#) and follow us on [Facebook](#) or [Instagram](#). A great way to get started finding the right services with personalised suggestions, create or build your own mental health toolkit, or participate in community chats is to [create a headspace account](#).

I'm excited to be able to support the 2021 Youth Reference Group (YRG) to develop this resource for the headspace Bondi Junction Community. The YRG meets twice a month to provide a youth voice to our headspace centre. They lead community events, contribute to headspace governance, and aim to further headspace's mission to provide person-centred care.



End

## What is this book about?

explained by the 2021  
headspace Bondi Junction  
Youth Reference Group

Navigating the world as a young person can be challenging. We wrote this book to provide a youth voice to some tricky issues such as anxiety, relationships, help-seeking, and life beyond high school. This book is not a replacement for getting professional support, but rather an alternative perspective from young people, for young people. We hope that our tips and stories can help you feel less alone and more confident in "simply surviving" whatever life throws at you.



# Acknowledgement of Country



headspace Bondi Junction YRC acknowledge the Traditional Custodians of the land on which the centre is located; the Gadigal and Bidjigal peoples of the Eora Nation. We also acknowledge the lands on which the reader stands. We pay our respect to Elders past and present, and to their youth – the leaders of the future. headspace is committed to honouring Australian Aboriginal and Torres Strait Islander peoples' unique cultural and spiritual relationships and their rich contributions to society.

## An Important Note

Some sections of this book discuss topics like anxiety, panic, and suicide. While our aim is to provide practical tips and a sense of hope, these topics may also be distressing to some readers. If the content of this book brings up feelings of distress or has made you realise that you need help for your mental health, please seek the supports you need. We have listed some hotlines and relevant information below. You may always seek help from your GP. **In an emergency, call 000.**

## Mental Health Hotlines

NSW Mental Health Line: 1800-011-511

Lifeline: 13-11-14

Kids Helpline: 1800-55-1800 (ages 5-25)

Suicide Call Back Service: 1300-659-467

Relationships Australia: 1300-364-277

1800RESPECT: 1800 737 732

SANE Australia Helpline: 1800-187-263

Mensline: 1300-78-99-78

QLife: 1800-184-527 (3pm-12am; LGBTQI+)

The Butterfly Foundation: 1800-33-4673 (Eating Disorders)

## Mental Health Support: Useful Information

[Mental Health Treatment Plan](#)

[Eating disorder treatment and management plans](#)

[Chronic disease management](#)

[Medicare safety nets](#)

[Seeking mental health support as an international student](#)

[Ask Izzy](#)

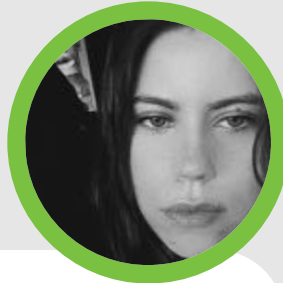
# Hello, we are the 2021 headspace Bondi Junction Youth Reference Group



## Jess

Hi! I'm studying a second degree in psychology with a previous degree in development studies. I'm not too sure what I plan to do with all this knowledge and HECS debt, but I hope to do something good with it.

**Fun fact:** When I was a kid I wanted to own a dunkin' doughnuts so I could give my mum free doughnuts.



## Gabby

I am a masters student who isn't really sure what goes on half the time. I enjoy photography, watching movies, TV and TikTok. I have shuffled between various mental health services, and am passionate about improving other people's experiences with them.

**Fun fact:** Beyonce winked at me at her concert



## Charlotte

I am an advanced science student (who majors in Infection and Immunity) passionate about medical research and health care-my honours is going to be in children's cancer research. On the weekends I love doing surf lifesaving or going for a swim at the beach.

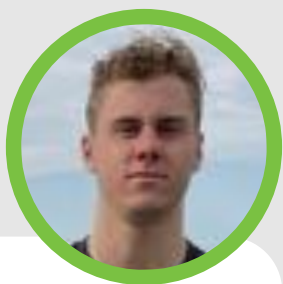
**Fun fact:** I've broken over 14 bones.



## Linus

Hello! I am not studying psychology! I am a music nerd who enjoys listening, composing and playing music. Just graduating from high school, I am looking forward to studying music and education to become a music teacher someday.

**Fun fact:** I can flip my eyelids inside out and am able to speak 3 languages (but not that fluently).



## Sam

I'm enrolled to study Comms/ Creative Media at WSU, I'm a movie addict and obsessed with all forms of media (music, tv etc), escapism, and overall enjoying life, be it at a beach, a theme park or on the couch with my dog.

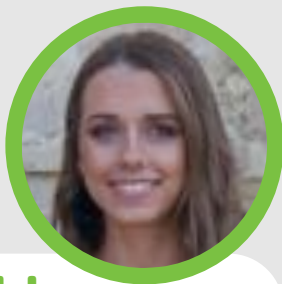
**Fun fact:** I have over four families connected to me, imagine trying to create a family tree based off that! I'm Kiwi and proud of it.



## Hayden

Hi there, I'm not studying presently but I want to go to UNSW, I love video games, movies and my dog, Chewie. He's a good boi! I am just as into heading out on a hike and walking Chewie, as I am relaxing and booting up the console or PC.

**Fun fact:** My family comes from all over the world including Africa, England, Australia and Croatia.



## Maddy

I'm a psychology graduate working as a behavioural neuroscience research assistant. In my free time I enjoy going to the gym and seeing friends.

**Fun fact:** I lived in Myanmar for two years.



## Sakiko

I am a psychology student passionate about working with and empowering young people. I enjoy being in nature, playing with my cat, and writing.

**Fun fact:** I have attended schools in four countries.



## Andrew

I like maths, creative writing, and dungeons & dragons. I've bounced around mental health services for a long time, and like to give back.

**Fun fact:** I can break out of handcuffs.



## Zoe

I'm a psychology graduate and I work as a disability support worker. I am passionate about mental health. I love food and adventures - especially finding waterfalls!

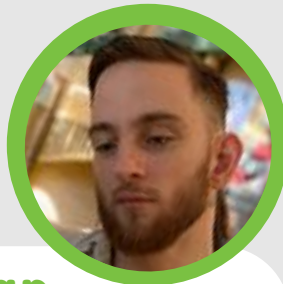
**Fun fact:** I've been skydiving and I loved it!



## Asad

I'm doing my honours in psychology where I'm studying online mental health apps. I'm super passionate about 3D printing, and I've gotten a lot into gardening lately.

**Fun fact:** Was at a military school in Pakistan as a kid!



## Aidan

I am studying psychology and philosophy, and am excited to see the role that psychology may play in the development of holistic well-being. I like to run, paint and garden!

**Fun fact:** Never travelled outside of Australia!



## Harris

I study agricultural science and really love plants! I like spending time with friends, baking, and watching a lot of TV series- especially comedy and costume dramas!

**Fun fact:** If it was socially acceptable, I'd listen to Christmas songs all year.



## Sarah

I study psychology at UNSW and work at a recycling centre. I enjoy spending time with my friends and my cat! I have a passion for mental health, cooking, and art.

**Fun fact:** I grew up on a sheep farm, and used to work in a shearing shed!



## Toby

I am a psychology and philosophy graduate working at a tech startup with a social impact focus. I enjoy taking photos, drinking too much coffee, and brunch with friends.

**Fun fact:** My favourite snack is eating a whole can of corn kernels.



# Balancing your time and creating your routine

## Hi, how are you today?

If you aren't okay, that's completely fine. It's no surprise, ANU's recent survey found the COVID-19 pandemic has led Australians to be significantly more stressed, anxious, and lonely.

“Lockdown fatigue” has been used to describe the long-term impacts on our mental and physical wellbeing. Even after months of restrictions and working from home, you may still find yourself unsettled and uncomfortable in this new normal.



by Toby Wong

We are spending so much time indoors and online. Whether we are studying, working, socialising, or resting - it can feel like there is no separation between these different areas of our lives.

Here are some things that can help you to balance your time and create a sense of routine:

### **Plan your day**

so you have a sense of what you need to get done for the day. This can help you to stay on track and keep motivated.

### **Take a break**

during the day, stretch, go for a walk, and breathe in some fresh air. You can explore your local neighbourhood or grab a meal from a local cafe too.

### **Disconnect**

Being on videos calls can be very exhausting, so consider blocking out time for “deep work” and also avoid having multiple back-to-back video calls when possible. Otherwise, consider switching off your camera and just use voice call.

### **Set boundaries**

between your work and personal life. For example, no checking your email inbox after hours, letting those you live with know when you will be on calls, having an “end of day” routine so you can wind down.



# Health Anxiety

Health anxiety feels like an overwhelming sense of worry that something in your body isn't right. You may feel overly anxious that you have a life-threatening condition or you're about to die. You start to seek reassurance from doctors or others that you're okay. But sometimes it isn't enough to convince yourself that this isn't the thing that kills you.

COVID-19 has exacerbated people's health anxiety or even triggered it, or for some, the pandemic has been a relief. Finally, the world is just as afraid as we always are. People now understand what it feels like to constantly worry about your health. Finally, you can stay indoors and retreat from things in the real world that scare you.

Whilst this can feel freeing in a weird way, it also means we start engaging in avoidance behaviours, but this time it is normalised and we have no choice. Short-term, avoidance and safety behaviours make us feel safe and secure. We don't have to go out into the world, put ourselves in harm's way and we can protect ourselves. Long-term, these behaviours cause more harm than good. Our world gets smaller each time we engage in avoidance and safety behaviours and our anxious thoughts are continuously reinforced.



by Gabby  
Kaushansky

LOCKDOWN

LOCKDOWN

**Stay  
home**  
**Save  
lives**



But, remember, we are all a work in progress. We don't have to give up all our avoidance and safety behaviours at once. We can't be expected to stop worrying about our health altogether, particularly in the middle of a pandemic.

## Tips from one anxious person to another:

**Recognise** & learn your anxious thought patterns so you can start to distinguish what is real and what isn't.

**Identify** situations that trigger you the most and confront them through exposure therapy, even though it is scary and painful. Always remember to do it at your own pace, in steps, and with a trusted professional. Never push yourself to do something you're not ready for.

**Focus your attention elsewhere.** The more you focus on a particular part of your body the more you get anxious, so try progressive muscle relaxation, a puzzle, or colouring-in books. Find something that gets your mind off your bodily sensations.

**Breathe!** It's ok! It will all pass eventually. Although it may be annoying to hear, breathing does sometimes work, but it can be hard to do properly. Try tiger balm or peppermint oil to open up your airways if you can't breathe properly yourself.



## For more information:

- [‘Health Anxiety \(Hypochondria\)’](#): a 2018 healthline article by Erica Cirino
- [‘Health Anxiety’](#): a 2020 psychologytools by Dr Matthew Whalley

# Eco Anxiety



by **Harris Ledvinka**

Information about the global climate crisis seems to surround us constantly these days, on social media, in the news, as part of heated discussions at family events, and in conversations with friends. This is for a good reason: a recent report found that children born in 2020 will experience on average 24 times as many climate-induced weather events as a child born in the 1960s. However, it can quickly become overwhelming to hear about the irrevocable impacts of climate change almost all the time. It is important to consider how climate change can impact on your mental health, and ways to manage this impact.



Eco-anxiety – also known as ‘climate anxiety’, ‘climate change distress’ and ‘ecological grief’ – refers to chronic worrying about the threat of climate change and its effect on Earth. While eco-anxiety can manifest in different ways, some symptoms might include a sense of hopelessness, obsessive thoughts about climate, and grief or sadness. Anyone can experience eco-anxiety to different degrees and in different ways.

Staying informed about world events is an important part of being a global citizen, but for young people especially, it can feel disheartening and often exhausting to learn about climate change and government inaction. This feeling can be exacerbated by information fatigue and guilt about your own impact on climate change.

## Management strategies

Though not everyone experiences eco-anxiety, those who sometimes feel anxious about climate change can benefit from some of the following management strategies.

### Therapy

Accessing mental health care from services such as headspace can be a great opportunity to develop a self-care plan, learn skills for managing anxiety, and receive treatment for any other mental illnesses.

### Personal changes

Think about how you can individually help to prevent climate change. While stopping climate change will require large-scale policy changes, you can lessen your eco-anxiety and reduce your carbon footprint by making choices such as eating less meat and using public transport instead of a car.

### Practise self-compassion

Eco-anxiety can make you feel demoralised and even guilty about your own contributions to global warming. There is only so much that one person can do about climate change, so being compassionate towards yourself is important. Try to access emotional support by talking to family and friends about how you feel.

### Connect with your community

Eco-anxiety can make you feel helpless and isolated. Becoming involved with climate activism is a good way to increase awareness and drive change, but it isn't for everyone. Reaching out to local community organisations can also increase your sense of connectedness and give you an opportunity to discuss your concerns with other people who care about the planet too. For example, your local park may have a bush regeneration group that meets regularly. This can also be a great way to spend some time in nature, which has well researched mental health benefits.



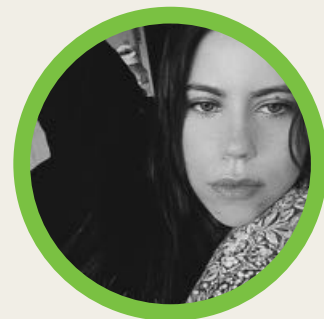
## TLDR

Eco-anxiety refers to a constant anxiety about the threat of climate change. It can feel overwhelming and hopeless to think about global warming, but there are a number of management strategies that can help you to cope and even feel optimistic and empowered about contributing to a better future for the planet. Practising self-compassion, making climate-friendly personal choices, and accessing therapy if needed are all good ways to manage eco-anxiety.

### For more information:

- [‘Mental Health? How to Cope With ‘Eco-Anxiety’](#): a 2020 Healthline article by Crystal Raypole
- [‘Eco-anxiety’: how to spot it and what to do about it](#) – a 2019 BBC article by Dave Fawbert

# Panic & Anxiety



by Gabby Kaushansky



Panic attacks trigger your fight or flight and can feel like you're about to die. You feel like you have no control over your body and there's nothing you can do to stop it. As a young person, panic attacks are often dismissed because they feel like you're having a heart attack. People tell you it's not real, that you're in perfect health and that it's all in your head. It is difficult to navigate when people roll their eyes or even laugh at you.

Although people tell you these things, it's not helpful and your brain just won't accept it. Whilst there may not be an immediate danger to your life, it certainly feels like it and therefore it is real and should be treated as such.

It can feel like your world gets smaller and smaller. You fear going out, just in case you have a panic attack. You want to retreat and hide. However, the more we become open with others and ourselves, the less weight panic attacks have.

## STRATEGIES AND TIPS

### Dealing with Panic

#### Accept that you are having a panic attack

Rather than trying to make it go away, acknowledge it is happening and here to stay for the time being. The more you try to push it away, the bigger it gets.

#### Find people you feel safe around

This could be your parents, siblings, partner or a friend who understands and cares about you. They can help you ride the wave of anxiety, in person or over the phone. Personally, it is important that I find people who aren't judgmental that I can trust to watch over me.

#### Move around

When a panic attack comes, adrenaline floods your body because you are in fight or flight. You can try walk back and forth across your room, walk in circles or even jump around to get it all out of your system.

If you are struggling with anxiety & panic attacks, **reach out to your doctor for help.**

#### For more information:

- ['Anxiety'](#) (Mental Health) : a headspace factsheet

### Find a balance of medication and therapy

Medication isn't for everyone! It isn't always necessary and you should never feel pressured to take it unless you and your doctor have both agreed to it. Personally, this balance gave me breathing room to implement strategies to manage my anxiety. Going on medication can be scary and sometimes it takes a few tries to find the right one for you. You shouldn't feel discouraged if it doesn't work straight away.

### Distract yourself

Sometimes riding the wave of anxiety can be really difficult. Don't be hard on yourself if you can't. Try something that shifts your focus from your mind and body and channel it into an activity. Try a drawing by numbers app or an adult colouring-in book. Even try counting: 5 things you can see, 4 you can hear, 3 you can touch, 2 you can smell and 1 thing you can taste. Check out this 2020 article by Katharina Star "[Distraction Techniques for Panic Disorder](#)" on the Verywell Mind website.





Hear from a headspace clinician

# Mindfulness for Sitting with Difficult Emotions

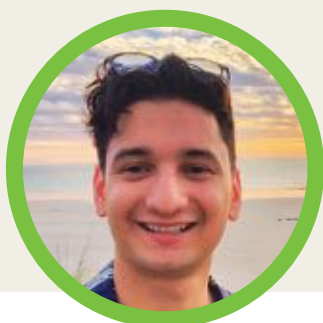


Often we live our life on 'autopilot.' We drive to work and forget how we got there or snack on foods without realising. When operating on autopilot, we may fail to notice our thoughts and bodily sensations. In fact, therapists often help people by teaching them how to identify their thoughts and feelings!

Mindfulness can be described as 'turning off' autopilot. We can do this by turning our attention towards our thoughts and feelings and accepting them, even if they're really difficult to sit with. For example, we can choose to ignore our anxiety or distract ourselves, but how about if we sit with the anxiety and even become curious about it? Do our hands become sweaty? Does our breathing quicken? Are there butterflies in the pit of our stomachs? Acknowledging and labelling that we are experiencing certain feelings, even if unpleasant, can be a powerful tool in accepting difficult feelings.

## Why would I sit with my anxiety instead of trying to solve it?

Well... some people find relief in knowing that even though the anxiety is there, it doesn't have any power in the world or any meaning beyond the meaning we give it. It is like becoming a 'detached observer' of our thoughts and feelings, as if they are separate from our actual selves. Russ Harris, a best-selling Australian author on mindfulness likens our thoughts and feelings to plates on a sushi train. We can choose to pick up a plate and eat, or we can simply watch the plates pass. Like the plates, our thoughts and feelings come and go.



### Brandon Scherrer

Brandon Scherrer is a psychologist at headspace Bondi Junction who has experience working with eating disorders, depression, anxiety, adjustment, mood, and interpersonal concerns.

**Fun fact:** He enjoys live music and spending time outdoors; kayaking, bushwalking, and exploring our beautiful country.

## How does it work?

The amygdala is a part of our brain that is responsible for evaluating and responding to emotional events in our world. When something emotional happens the amygdala lights up. One study found decreased amygdala activation after 8-weeks of Mindful Attention Training (Desbordes et al., 2019) suggesting that practicing mindfulness can change the structure of our brains!

## Tips for sitting with difficult emotions

So you're feeling anxious or worried, you're stressed about an assignment, or something you said yesterday made you look "stupid." Now is the time to put this skill into practice!

- Find a quiet space and turn your attention towards your breath. Notice as the breath flows in and out of your body, not needing to change anything at all.
- Notice any thoughts that occupy your mind.
- Notice any feelings that come to your awareness.
- As you become more aware of your thoughts and feelings, bring your attention back to your breath, and try and accept these thoughts and feelings for what they are, they're just thoughts and feelings, they're just contents of your mind.

The takeaway is you don't always need to distract yourself from difficult thoughts or feelings, and observing them, accepting them, and tolerating them, with practice, can be a powerful tool in helping you live your best life.

*"The presence of thoughts is more important than our subjective judgement of them. But neither must these judgments be suppressed, for they also are existent thoughts which are part of our wholeness."* – Carl Jung

## Further resources

- [Headspace Guide to Meditation](#) on Netflix
- [Free Audio Resources for Mindfulness Meditation](#)
- [Smiling Mind](#) app on phones

# Journaling

## How does journaling help?

**Figuring out what you are feeling and why you're feeling it can be a tricky problem to solve, no matter how well you know yourself.**

It is especially difficult when you feel your thoughts are disorganised and scattered everywhere.



**For many, journaling can be incredibly effective.**

Journaling can help you track how problems start and recognise what triggers them. Recognising what's stressing you out can help you problem-solve and reduce your levels of stress. Additionally, journaling will give you an opportunity for some positive self-talk and help identify negative thoughts and behaviours.

According to the University of Rochester Medical Center, **writing down your thoughts and feelings can help you prioritise problems, fears, or concerns**, giving directions on how you can go about facing these issues.

## How to start journaling?

**1. Grab a pen & paper and start writing whatever is on your mind.**

**3. After you're finished, reread it and review it.**

Ask yourself if what you've written down could be explained by something else?

**2. Keep writing until satisfied**

but don't delve into negative thoughts. Make sure to describe your thoughts and feelings.

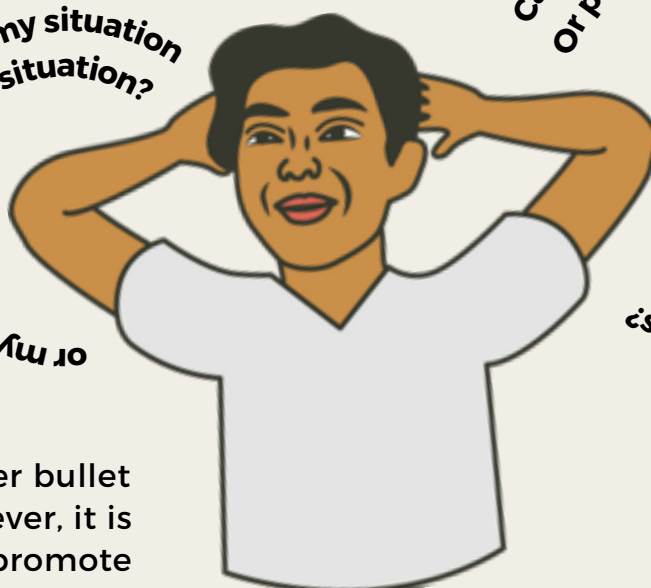
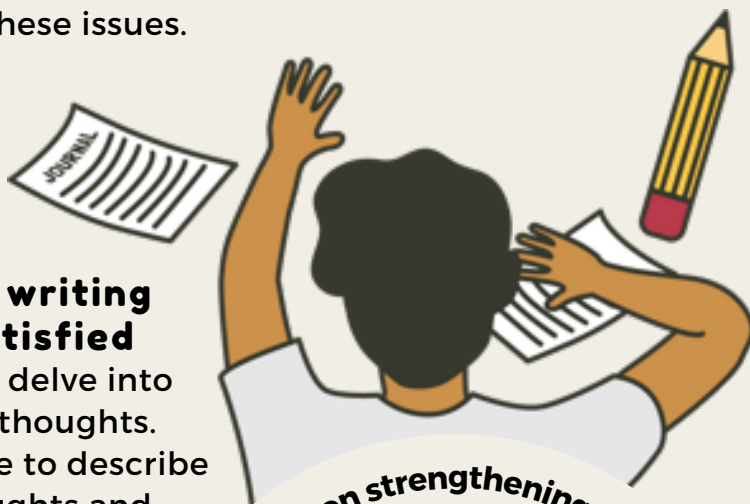
*How can I change my situation or my thoughts about the situation?*

*Can I focus on strengthening my friendships? Or perhaps develop the skills that would allow me to face these issues?*

**4. Think about how you would plan for these problems.**

### Please note:

Journaling isn't a silver bullet against anxiety. However, it is a powerful tool to promote self awareness and insight into your own life.



by Asad Khan



# Meatball recipe

- 1 kg of beef mince
- 1 packet of taco seasoning
- 1 cup of grated cheese
- 1 onion, chopped finely
- 2 eggs
- Salt, to taste
- Pepper, to taste

**Eating well is one way we can stay healthy**

1. Preheat oven to 180°C.
2. Mix all ingredients together. Season with salt and pepper.
3. Roll mixture into small balls and place on a well greased tray.
4. Cook in the oven for around 10-15 mins or until browned and cooked through

**Tip:** Make your own taco seasoning with chilli powder, garlic powder, onion powder, paprika, & cumin. You can also use your own spice blend.

*It is important to look after both your physical and mental health.*



by Sarah Ferguson







# Healthy Physical Activity

Exercise is great for positive mental health. But contrary to what “fitspo” Instagram may have you believe, there is no one perfect way to exercise. Exercise is about moving your body in a way that makes you feel your best. It’s not about changing your body or earning food, it’s simply about relieving some stress and keeping your heart healthy. Here’s how the YRG love to exercise.



**by Charlotte McHenry**

## **Toby:**

I love to go for a cycle at sunset to enjoy the view and unwind after work. Any exercise at sunset is great just to embrace the outdoors and appreciate nature.





**Andrew:**

I finally got back into running after 2 years. It was way more fun than I remembered, and I actually slept well afterwards, which is a win for me.

**Sakiko:**

I try to do a strength or HIIT workout every day. Fitness Blender has lots of free workouts for a range of abilities, and many of them require no equipment.

**Maddy:**

Since lockdown I've started going to the park for most of my exercise - walking, basketball, frisbee and tennis have been my go-tos!

**Aidan:**

I've adopted a routine of doing yoga first thing in the morning, and sunrise/sunset runs depending on my schedule. I've personally found that I sleep the best when I exhaust myself as much as possible, so throw in a heavy lifting set after a run and I'm out like a light at 8:30. It's fantastic. I'm also reading in bed as a welcome habit for sleep!

**Gabby:**

I love going for a swim at the beach or doing a dance cardio workout as it can be more fun.

**Jess:**

My favourite type is a dip in the ocean (preferably salt water) but I don't discriminate. Some people don't view a dip in the ocean as exercise but when that cold water takes your breath away it can seem like a marathon. I also used to be an avid cyclist (stationary bike lol) - I would wait until the class room was empty and go in there by myself and blast my tunes - no one seemed to care and I got the whole room to myself!

**Charlotte:**

I love going for a walk along the beach - I try go at least once every 2 days, even if just for 30 minutes to get some fresh air. At home I absolutely love Caroline Girvan on YouTube - I just completed her latest 10 week challenge which I loved. It's all about building strength and beating your own best which I love. I also enjoy a refreshing ocean swim or doing a Barre Attack class at the gym.

# Positive Friendships

Healthy friendships help us live happier lives. Building a social support network is central to mental health and wellbeing. There are many benefits to healthy friendships. Good friends create a sense of belonging, can provide emotional support through hard times by listening and validating your feelings, can help boost our self-confidence, and can be a positive influence in our lives!

It can be hard to find and keep good friends especially after high school but **here are a few tips to help!**



## PURSUE YOUR INTERESTS

Join a book club, start a team sport, or take an art class as a way to meet new people with similar interests to you!

## INITIATE CONVERSATION

This can be really hard but try starting a small conversation by asking them questions, sharing things about yourself, or just suggest to hang out together.

## KEEP IN CONTACT

Give them a call or text every once in a while and reach out to make plans to keep the friendship alive.

## Signs you are in a healthy friendship

- Your friend shows genuine interest in you and your life
- You support one another through difficult times
- You are able to communicate openly and honestly
- You both respect each other's boundaries
- You make time for each other and spend quality time together
- You treat each other with kindness- often we treat those closest to us the worst. When we take a relationship for granted we can do or say things to our friends that we would never to an acquaintance or stranger. If you find yourself doing this, pause and remember how important your friend is to you.



by Zoe Morgan

Conflict in friendships is completely normal and not a big deal. What matters is how you address the conflict. **Here are some important conflict resolution skills:**

## **RAISE THE ISSUE EARLY**

Don't let resentment build!

## **SHOW EMPATHY**

Put yourself in the other person's shoes to build understanding.

## **BE RESPECTFUL**

Avoid using disrespectful words or actions.

## **Red Flags!**

- You don't feel good about yourself when you are with this person
- You feel drained after spending time with them
- They are negative and constantly complain
- You don't know if you can trust that person to not share information you've told them in private

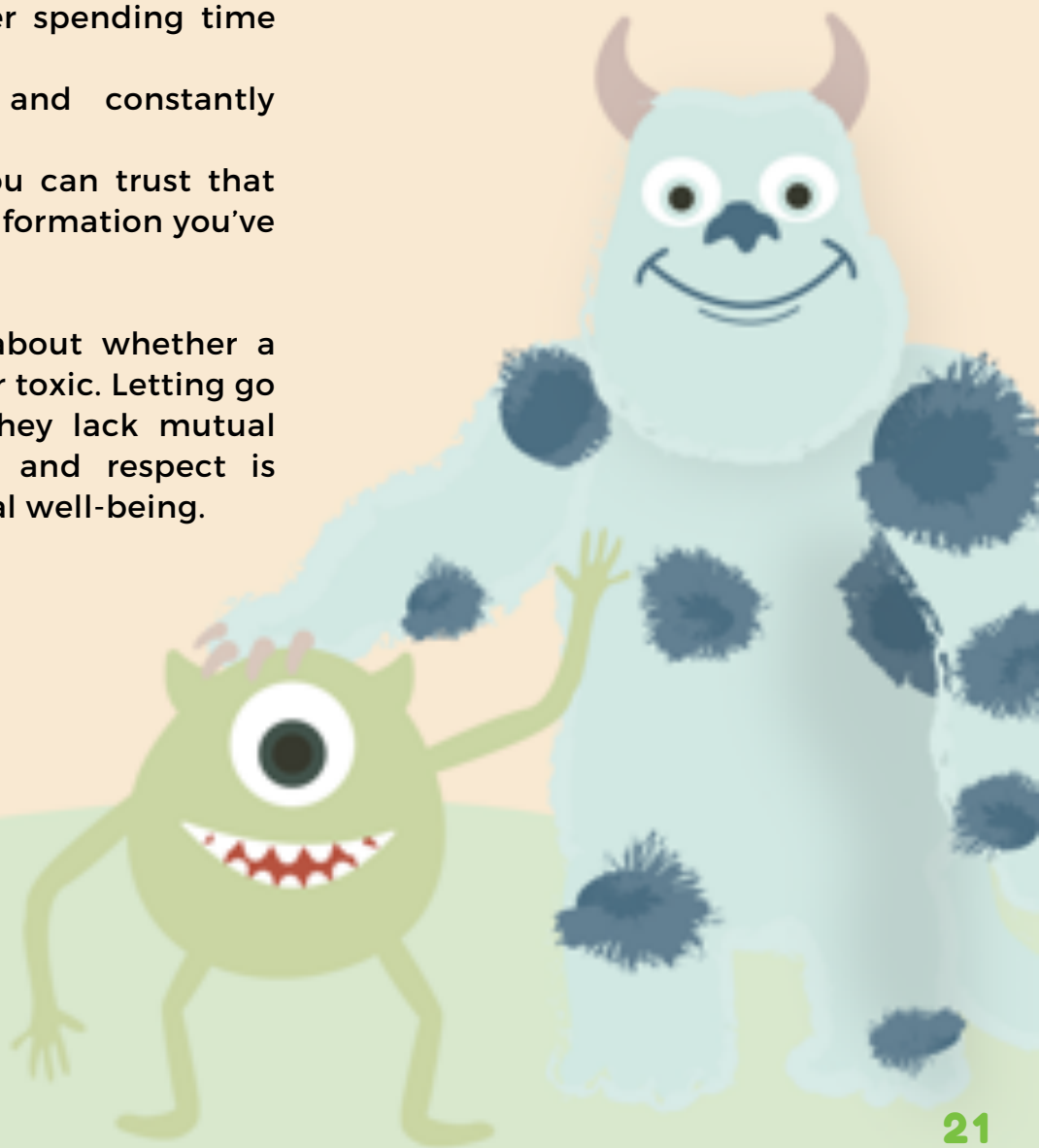
Trust your gut feeling about whether a friendship is unhealthy or toxic. Letting go of relationships when they lack mutual interest, understanding, and respect is essential for your personal well-being.

## **TRY TO MANAGE YOUR EMOTIONS**

Doing this will mean you can communicate more clearly. It can be helpful to give each other some space and revisit the issue when you are both calm.

## **PRACTICE ACTIVE LISTENING**

Pay attention to the words and feelings being expressed. Show you are listening by paraphrasing the other person's point of view and using body language such as nodding and eye contact.



# Romantic Relationships

by Maddy Giles



Relationships undeniably play a massive role in our lives. They can be hard and most of us don't know what we're doing half the time. There are lots of myths out there making them even harder to navigate - let's have a look at some of these and why they aren't true.

## Myth #1

### **IF YOU'RE WITH THE "RIGHT" PERSON, THE RELATIONSHIP WILL BE ALWAYS EASY.**

Relationships will always require work, particularly compromise, patience, and compassion - attraction is not enough! Working through challenges provides you with the opportunity to grow together.

## Myth #2

### **YOU SHOULD HAVE SEX X AMOUNT OF TIMES**

Every relationship is different and no set frequency makes a relationship good or bad. As long as you communicate with your partner about your wants and needs you will be able to find what works for both of you.

## Myth #3

### **OPPOSITES ATTRACT**

While this can be the case for some people it isn't always that simple. It's important to have similarities in your morals, interests, and beliefs.

## Myth #4

### **PEOPLE DON'T CHANGE.**

People can and do change. If they want to, they will. Try to show them support in the process.

**Note:** sometimes change isn't enough and it's important to recognise red flags. Emotional, sexual, financial, psychological or physical abuse is never acceptable - if you or someone you know is affected please call **1800RESPECT** on 1800 737 732 or visit [1800respect.org.au](http://1800respect.org.au).



### **Myth #5**

## **RELATIONSHIPS MUST BE 50/50.**

An even split isn't always going to work. It's okay if sometimes one person ends up doing more housework or providing more support - as long as you continue to communicate with each other and are open to compromise.

### **Myth #6**

## **WITHOUT A SPARK OR CHEMISTRY, YOUR RELATIONSHIP IS DOOMED.**

Relationships will be constantly changing. Some days you might feel comfortable and content, rather than full of passion and desire - and that's okay!

### **Myth #7**

## **ARGUMENTS & CONFLICT MUST ALWAYS BE FULLY RESOLVED.**

It is actually quite common to have similar fights throughout your relationship. However, it is necessary to learn how to work on accepting your differences. It might be more accurate to say that arguments and conflict must always be managed, rather than resolved.

### **Myth #8**

## **THERE IS ONE TYPE OF RELATIONSHIP THAT WE SHOULD STRIVE FOR**

There are many types of romantic relationships that are just as valid as the "conventional" heterosexual monogamous ones. Relationships don't fit neatly into a box, they can present in many forms and can all be equally positive and fulfilling.





# Sexual Health

**Sex is a natural part of life.** It's important that you feel comfortable asking questions and taking time to reflect. By protecting yourself physically and emotionally, you give yourself the best chance of enjoying your sexual experiences. This article will focus on emotional sexual health as opposed to physical sexual health. For information about protecting yourself physically, [click here](#) for a summary by headspace.

The next page will discuss anxiety around sexual health and conversations around sex that is consensual. If you or someone close to you has been a victim of sexual assault please [click here](#) to see steps you can take to seek help and protection.

## Headspace Sexual Health Clinic

If you are aged 25 or less and need free and confidential:

- STI & HIV testing
- Pregnancy testing,
- Contraception advice,
- Advice about relationships
- Vaccinations related to sexual health

Please call us on 9366 8800 or visit [our website](#) to get in contact, learn more, and take control of your sexual health.

by Jessica Henderson



## Self

Sex can be so intertwined with identity but it's important to remember that you are so much more! Because of this, many aspects of our sexual lives can make us feel unworthy or self-conscious in other areas of our lives. For example, 'virginity'. Many people worry about losing it too early or too late or think about it as losing some form of purity. This couldn't be farther from the truth. There is no physical marker or agreement of the definition of virginity. So, remember, **pleasure is power**.

No matter when or whom you share that experience with or whether you decide that sex doesn't interest you at all, in the end, that's a decision you make for yourself. [Click here](#) to read about the myths of virginity.

Self-pleasure can be a fun way to explore your body. Understanding your wants and needs will also allow you to better communicate them to others. Your body is unique and there is no wrong way to masturbate!. [Click here](#) to learn more about the stigma surrounding sex toys for men and some suggested products to try!

## Communication

It's important to discuss sexual boundaries. It can feel uncomfortable at first and might feel like you are asking too much. However, creating foundational limits will be beneficial, for both you and your partner, because it makes it easier to discuss expanding those limits.

To start you off, here are some **tips to communicating sexual boundaries** with your partner:

- Talk Face to Face
- Be honest and use direct but not aggressive language
- Check your body language: show your partner that you are listening
- The 48-hour rule: Waiting 48 hours to process your feelings can give you time to evaluate and express your feelings in a calm and productive way.

## Safety

Often when we think about safe sex the first thing that comes to mind is physical protection but it is also good to consider how you can protect yourself emotionally.

### Questions to ask yourself :

- What kind of expectations do I have? Are my expectations realistic?
- Why do I want to have sex?
- What does sex mean to me?
- What is my comfort level with different kinds of sex?

By starting to have these conversations with yourself you will be better equipped to have these conversations with others.



## Regret

Regret after consensual sex is a completely valid emotion, believe me, we have all been there. Despite the planning, some situations can catch you by surprise and you might find yourself ruminating over the experience. In these instances, it's important to remember that there is no shame in having regrets whether it be around your experience or your perception of someone else's.

The best way to safeguard against this is to keep open communication with your partner and reach out to friends and make 'post-sex' plans, in advance, if you are nervous about any sexual activity.

Some people have persistent anxiety after sex. It's important that you reach out if these feelings become too overwhelming. No one should suffer in silence and there are people out there who can help.

**[Click here](#)** to read an amazing article about guilt and something you may not have heard of before: **[post-coital depression/dysphoria](#)**.

## Free Resources

- [Headspace: What is Sex](#)
- [LGBTQ: Sexual Health](#)
- [Disability & Sexuality](#)
- [NSW Government: Local Reporting and Support Services for Sexual Assault Victims](#)

If you, or a person you know, are under 16 years of age and have been sexually assaulted, reports can be made to the Child Protection Helpline on 132 111

For victims who decide not to formally report the assault to the police, the NSW Police Force has developed another option for providing them with information about the sexual assault. **[Click here](#)** for the Sexual Assault Reporting Option (SARO).





Let's meet  
the **headspace** Mythbusters

# MENTAL HEALTH MYTHS

Andrew

Jess

Gabby

Sakiko

Charlotte



# Medication

Starting medication can be quite scary. Stigma exists, and everyone seems to have something to say, regardless of expertise. However, medication can be a great tool. Here are some common myths and replies from people who have been on medication for years.

## Myth #1

### NEEDING MEDICATION MEANS YOU ARE WEAK AND HAVE FAILED

**Gabby:** Don't feel shame for needing medication. It can be a matter of survival and you are not a "pill-popper." Of course, only take medication as directed by your health professional.

**Andrew:** I used to think I was weak for needing medication, but I came to realise it's a lot like needing anything else. I eat when I'm hungry, and take antidepressants to stabilise my mood. It's a total cliché, but it's like putting a cast on a broken leg.

## Myth #2

### MEDICATION ALONE WILL FIX YOUR PROBLEMS

**Andrew:** Medication can help you out of crises and give you the emotional capacity to benefit from other treatments. For me, medication gave space for therapy to start helping.

**Gabby:** At first exposure therapy was suggested for my panic attacks, but I wasn't in the headspace to do it properly. It was like being paralysed. Taking medication eased that intensity, allowing me to try exposure therapy.

## Myth #3

### MEDICATION IS A QUICK FIX THAT WORKS OVERNIGHT

**Gabby:** Just like daddy-Pfizer, it can take weeks for medications to reach full efficacy. Check the dosage is right, whether you're responding to the medication, and what side-effects you might be experiencing. From personal experience, trust your intuition, you will know if the side-effects are too much to handle and discuss any concerns with your doctor.

**Andrew:** Don't be discouraged if the first meds don't work or the side-effects are too bad. There are many medications and you'll eventually find one that works for you.

## Myth #4

### SKIPPING MEDICATION WON'T AFFECT YOU

**Andrew:** At first, I often skipped doses, which was a mistake. This stopped me from benefiting from a full dose and made it harder to adjust to side-effects. Do not abruptly stop your medication without consulting your doctor. Withdrawals or other side effects can suck and can even be dangerous.

**Gabby:** Have a medication routine and use a pill-reminder app. Also, make sure you don't run out of medication. Most chemists have a system to notify you when you're running low.

**Jess:** Don't panic if you miss a pill, just take it as soon as you remember and have a plan so it doesn't happen again. I put my prescription right outside my bedroom door at night so I have to physically step over it in the morning.



## Myth #5

### MEDICATION WILL ALWAYS WRECK YOUR LIBIDO AND METABOLISM

**Andrew:** While I have experienced gaining weight and losing interest in girls, the impact was never as bad as I feared. I have also been able to find a balance of medications to avoid these side effects.

**Gabby:** After my doctor adjusted my medication, I regained my libido and stopped gaining weight. I knew despite taking medication that I could still feel like myself (and honestly, like a better version of myself).

**Charlotte:** Having an eating disorder, weight gain was my number one hesitation. Discuss concerns with your GP to find your best fit.

## Myth #6

### MEDICATION WILL “DUMB YOU DOWN” AND TAKE AWAY YOUR PERSONALITY

**Charlotte:** Living with mental illness can be debilitating. If someone had chest pain, you wouldn't tell them to not take meds. I'm functioning a lot better now and am better to be around - so it didn't ruin my personality.

## Myth #7

### YOU DON'T NEED TO WORRY ABOUT WARNING LABELS OR YOUR DOCTOR'S ADVICE

**Charlotte:** Medication is great but it is also a powerful substance, so listen to health professionals and be careful about interactions with alcohol and other drugs. Please be honest about your lifestyle with your GP so they can work out the best combination for you.



# Help-Seeking

Similar to medication, there are a lot of myths and stigmas about help-seeking. We are here to bust some common myths.

## Myth #1

### YOU NEED LOTS OF MONEY TO SEE A PSYCHOLOGIST

Treatment can be quite expensive but there are schemes to help you. Check out page 3 for more info.

## Myth #3

### THE FIRST PROFESSIONAL YOU SEE WILL SOLVE YOUR PROBLEMS

**Andrew:** I tried several psychiatrists and psychologists before I found the right team for me. Changing doctors was a hard decision, but I'm so glad I did it. It's vital to have a good relationship with your doctors, especially because you're the one paying for it!

**Charlotte:** I've found it hard to 'break up' with professionals and have stayed with them when they aren't the right fit. Treatment works best when you're both comfortable and there's no shame in changing.

**Jess:** The best psychologist is the one you will go to consistently. Location was a huge factor for me. If I had to drive an hour, chances are I wouldn't go.

## Myth #2

### SEEING A PSYCHOLOGIST/PSYCHIATRIST IS AS EASY AS SEEING A GP OR DENTIST

**Sakiko:** Psychologists and psychiatrists often have waitlists, so book an appointment as soon as you can. You don't need a Mental Health Treatment Plan from a GP to book a psychology appointment, you just need it for your first session. If the situation is uncertain, be open to different options and have a backup plan. You can always cancel appointments you no longer need.

**Gabby:** If you are distressed while you're on a waitlist, keep in contact with your GP to help you manage, speed up the process, and/or explore other options. While waiting to see a psychiatrist, I got help from an occupational therapist.

## Myth #4

### YOU NEED TO BE IN CRISIS OR VERY UNWELL TO SEEK MENTAL HEALTH SUPPORT

**Sakiko:** There's no minimum level of distress you need to hit before getting mental health help. If your situation doesn't call for a psychologist or psychiatrist, you might consider a GP, school counsellor, uni advisor, or one of the hotlines (page 3). Support might be long-term, short-term, or one-off. The important thing is you get help if you need it, and get it early to prevent problems from snowballing. If you just want to chat to a counsellor to get things off your chest, that's totally okay!

**Jess:** I view therapy as self-improvement, it's open to anyone even if nothing is necessarily 'wrong.' We all have areas we want to improve in our lives.

## Myth #5

### THERAPY WORKS THE SAME FOR EVERYONE

**Gabby:** Just like medication, there are many types of therapy and you'll respond differently to each. If you feel one therapy style is not working, discuss alternatives with your psychologist. Personally, acceptance works better than thought challenging when I'm having a panic attack.

**Andrew:** I've tried many strategies, and I love CBT the best! Thinking through problems and breaking them down helps to calm myself. I still practice thought challenging every day.

**Jess:** For me, it was not the therapy but the therapist that made a difference. It took me 5 years to find one I liked. Even though the problems I wanted to resolve were not her specialty, she made me feel safe to openly express my emotions.

## Myth #6

### THERAPY IS STRUCTURED WITH CLEAR GOALS AND PROGRESSIVE STEPS

**Jess:** After 2 years seeing my psychologist, I still don't know what we're doing. I had to let go of my expectations about structured sessions and learn to embrace the organised chaos that is therapy, even if there are no achievements to mark off.



If you need a psychologist or psychiatrist and don't know where to look, a GP can help you explore options. Alternatively, here are some websites that help you find one based on your needs and preferences (just like a dating app, but better!)

**For psychologists:** [Mindfit](#) and [PsychEngage](#)

**For psychiatrists:** [Find a psychiatrist](#)

If you're not sure whether to see a psychologist or psychiatrist, you can find [more info here](#).

**Note:** The websites above are not crisis services. **For emergencies, call 000 or Lifeline on 13 11 14.**

# Let's talk about Suicide



**Need help now? You are not alone. If you or someone you know is in a crisis, please call triple zero 000 or go to your nearest emergency department. You can also contact Lifeline 13 11 14 or Kids Helpline 1800 55 1800. There is more information on [page 3](#).**

It's not comfortable or easy to talk about suicide. suicidal thoughts can be extremely distressing for the one experiencing them and those around them.

There are various reasons suicidal thoughts may arise, from stressful life circumstances past and present, and mental health conditions. When you are physically and emotionally pushed to the limit, suicide may seem like the only option.

It can happen to anyone and is more common than it seems. According to [Lifeline](#), in Australia suicide is the leading cause of death for aged 15-44, and over 65,000 people make a suicide attempt each year.

Common signs to look out for in yourself and those around you, including but not limited to:

- Having thoughts of suicide/ ending your life or harming yourself.
- Feeling alone, distressed, or unable to think clearly.
- Difficulty with daily tasks, and feeling overwhelmed or tired easily.
- Changes in regular routine, withdrawing from activities and people.
- Struggling to cope, such as excessive use of alcohol and drugs.

Please keep in mind that someone that looks completely OK on the outside may actually be in a very dark place on the inside. The warning signs may be different for each person, so we need to take any signs seriously. If there is someone you are concerned about, don't be afraid to ask directly "have you been considering suicide?"- asking the question does not lead to suicide.

So, if you or someone you know is struggling with suicidal thoughts, what can you do? Please reach out to someone you trust to let them know, whether that is a family member, close friend, GP, or school counsellor.

Please note, engaging in self-harm behaviours does not necessarily mean a person wants to end their life. Although there is an overlap with suicide, self-harm may be used as a way to cope with distressing thoughts. It is equally important to consider the signs mentioned to avoid serious injury or death.

If you don't feel that this is an option, you can always contact a crisis support service, which is free, confidential, and available anytime. Lifeline and Kids Helpline offer calling, texting, and online chat options to suit your preferences. They can support you to stay safe and discuss next steps, such as coming up with a safety plan.



**Your life matters.  
Your feelings are valid.  
There is light at the  
end of the tunnel.**



**by Toby Wong**



# Tips for your first year of university

Higher Education



**by Sakiko Okayama**

Starting university is exciting, but it can also be daunting and nerve-wracking. You might be feeling the need to make friends, join societies, get good marks, and enhance your resume. These are all great goals to have, but don't pressure yourself to do everything at once! Remember, you still have three (or more) years ahead of you.

There's no one right way to thrive in university. Everyone has different circumstances, goals, and values. For example, good grades may be prized in some disciplines, whereas practical experience may be more important in others. Figure out which goals to prioritise and move towards them, one step at a time.



No matter what goals and activities you pursue during university, it's important to prioritise your mental and physical health. Your health affects your studies, work, and everything else you do. Here are some tips to help you thrive in university, while taking care of your health.

### **Find your people**

To meet people you click with, you can:

- Join a club, society, or a volunteering program
- Join a peer mentoring program
- Join Facebook groups and chats for your university, degree, and courses
- Create a study group with others in your tutorial
- Ask friends to introduce you to their other friends

### **Find a balance that works for you**

Try to start university with fewer commitments than you think you can handle. If you find yourself with lots of free time, you can always take on more later. Rest is good, so remember to also schedule in downtime. Set boundaries such as not studying on Sundays or after 8pm, and use those times to do something nice for yourself.



### **Don't be afraid to ask for help**

Your professors and tutors are usually more than happy to address any of your questions or concerns. Just make sure to use good email etiquette when reaching out to them.

### **Access university support services**

Universities have services that can arrange educational adjustments for students with a disability or mental health condition. They also have other support services for administration issues, academic writing, career development, and more.

### **Get online mentoring support**

Finding a job or deciding what to study isn't always easy. If you're 15-25, you can get free online support from the headspace Work & Study team to help find what's next.

### **Prepare well for exams**

Good exam preparation requires time to plan and focus but also to look after yourself. See this headspace webpage for tips.

### **Be kind to yourself**

University is not like the HSC where so much rests on one exam. It's a time to make mistakes, learn what you like and don't like, and build your resilience. If you take some time to get into a comfortable rhythm, it's perfectly okay!

# Transitioning to the workplace

While capitalism continues to be a thing, you'll find that you need to get a job. This can be scary, difficult, and honestly exhausting at times. On the plus side, you can get things out of it: structure, friends, skills, a sense of accomplishment, and of course, money.



by Andrew Skelton



Here are a couple of things I learned while transitioning into the wild world of employment:

### **Applying for jobs is a marathon:**

Applying for jobs is hard work and takes an emotional toll. It's important to pace yourself and have rewards for submitting applications. I applied for tons of jobs before I got one. It's better to apply for a consistent number (e.g. 3) each week, and to submit applications you are happy with.

### **New jobs can be intimidating:**

Most people experience a bit of imposter syndrome when starting a new job. The truth is, it takes time to adjust to a new job, and your manager doesn't expect you to be perfect immediately. Expectations of you will not be high straight away, and you'll get on-boarding and job-training. Also, most people are too busy worrying about being judged to have time to judge you!

### **Schedule your tasks:**

The number of things you need to get done in a job can feel overwhelming. Breaking them down into a clear prioritised list that you can tick off is a solid way of getting things done. It also helps you work out how much you can achieve.

### **Know your limits:**

There will always be more to do. It's important to identify what you can reasonably achieve without compromising your health. You want to make work something you can look forward to, not something you dread. A big part of this is setting boundaries and expectations for yourself, and ensuring you have the support you need within your workplace. This can involve talking to your manager or to an HR representative.

### **Back yourself:**

Have confidence in yourself, and know that you deserve to be safe and comfortable at work. This can involve giving yourself pep-talks, advocating your needs as an employee, and trusting your skills or ability to learn.

Finally, if a job isn't a good fit for you, know that there are always other jobs out there. You'll find the right one eventually lot on the way!





# Skill Building

The end of the year can be a great time to relax and revive. But it can also be a great time to get prepared for the future and use opportunities to upskill and refresh your skills.



by Charlotte McHenry

## HERE ARE SOME TIPS FOR PROFESSIONAL DEVELOPMENT

### Cleanout

Cleaning out your computer or desk space can seem mundane, but it can really help to refresh and reset. Put on some music or a netflix show and get going.

### HERE'S HOW TO GET STARTED CLEANING OUT YOUR COMPUTER

#### Empty the trash.

If you haven't retrieved anything from it in 6 months it's probably time to go.

#### Create clear named folders.

Think of it like having chapters for each section of your life within a book- and use subheadings to further organise.

#### Download any important documents now.

Perhaps that's your end of year tax statement or your employment contract. Don't leave them floating in a random folder or email - stick them into one of these clear named folders.

#### Sort and go through your folders, deleting unnecessary documents.

If your documents are named at all like mine - "Draft", "Final", "Final 1" "Final actual" then now's the time to go through them. If you've finished that subject, identify the finished copy and delete the rest. I totally get not wanting to get rid of old stuff, but you definitely don't need 8 copies anymore.

#### BACK IT UP.

There are many methods for this- Google Drive, Microsoft OneDrive or the physical hard drive. Note the date you did the backup so you know when you may need to back up again (unless it's already automatically done).

## Update

Update your resume and LinkedIn profiles with your recent jobs. Is your resume reference still your high school soccer coach you haven't spoken to since 2015? Reach out to managers or supervisors to update these, or perhaps ask for some relevant endorsements or connections for your LinkedIn profile. Remember when reaching out, always give the person a bit of guidance.

### Example:

"Good morning \_\_\_\_. My name is \_\_\_\_, I worked for you at \_\_\_\_ in the internship program last summer. I am wondering if I could use you as a reference for my application for \_\_\_\_\_. Happy to chat further or provide any extra information."

Check out: [www.indeed.com/career-advice](http://www.indeed.com/career-advice)

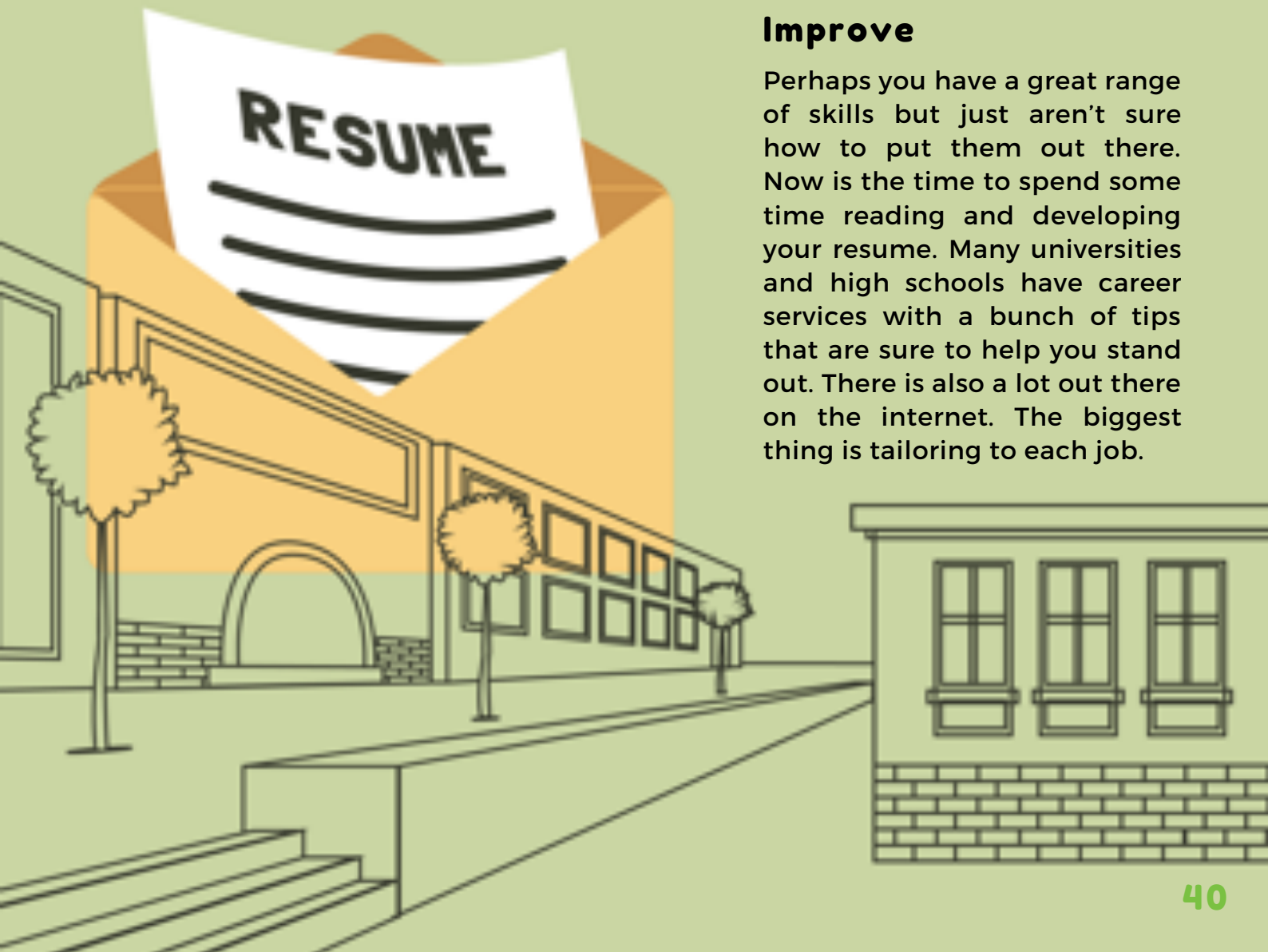
## Develop

You can find quite a lot of online development courses out there to help you advance your skills and stand out. Maybe you want to do software engineering at university - now could be a good time to learn to code. Or maybe you're looking at getting an office job - touch typing is a great skill. Perhaps you'd love to improve your excel knowledge to create some killer spreadsheets. Check out:

- [LinkedIn Learning](#)
- [Coursera](#)
- [Seek](#)
- [YouTube](#)
- [Khan Academy](#)
- [GO1](#)

## Improve

Perhaps you have a great range of skills but just aren't sure how to put them out there. Now is the time to spend some time reading and developing your resume. Many universities and high schools have career services with a bunch of tips that are sure to help you stand out. There is also a lot out there on the internet. The biggest thing is tailoring to each job.



## Organise and Plan

Maybe you've read all this and are thinking, "Well that's all great, but I have no idea what I want to do." That's ok too! You could use this time to research courses and careers you could begin working towards.

No idea where to start? Grab a piece of paper and write down anything and everything you enjoy. From there, see what you can align these to. A simple google search can go a long way ("great careers for people who are creative") or do a career quiz. Sometimes this is all it takes to find something interesting that sets you off on a deep dive.

Write down the requirements of what you're looking at. What skills do you need - could you develop some of these? Don't underestimate the power of speaking to people and hearing about experiences. But remember it's your decision and no one else can make it for you. You shouldn't feel pressured in any way.

**With Summer coming, now is a great time** to put in some applications (especially in retail and hospitality). Take a walk around your neighborhood or do a search on Indeed or Seek and put your resume in. Use this as an opportunity to start sussing these out and maybe even apply. If you don't get it, just think of it as a chance to practice. There's always the next one.



# Top Picks from the YR9

## Movies

### **Almost Famous (M)**

A coming-of-age movie about a teenage boy who tours with a band and writes about them for Rolling Stone Magazine.

### **RV: Runaway Vacation (PG)**

A dysfunctional family rents an RV for a road trip, and chaos ensues. Prepare to laugh hysterically.

### **Palm Springs (MA15+)**

Two wedding guests develop a budding romance while stuck in a time loop.

### **Knives Out (M)**

Detective Benoit Blanc knows one thing for sure- everyone in the dysfunctional Thrombey family is a suspect. Now, he must sift through lies and red herrings to uncover the truth.

### **Eighth Grade (M)**

A girl who experiences social anxiety puts herself out there in her last week of Eighth Grade.

### **My Fair Lady (PG)**

In this musical comedy-drama starring Audrey Hepburn, a linguist transforms a Cockney girl into a lady.

### **Schindler's List (M)**

In World War II Poland, industrialist Oskar Schindler tries to save his Jewish workforce from Nazi persecution.

### **Gifted (M)**

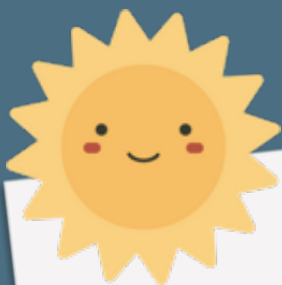
A single man raising his genius niece, battles his mother, over her custody.

### **She's The Man (PG)**

From back when Amanda Bynes was iconic and Channing Tatum was a hottie!







## Books

**This is Going to Hurt: Secret Diaries of a Junior Doctor**, by Adam Kay: Frank and hilarious diary entries of an NHS junior doctor.

**Heartstopper**, by Alice Oseman: Graphic novel series about two teenage boys who fall in love. Also available as a free webcomic here.

**Man's Search for Meaning**, by Viktor Frankl: A prisoner in World War II Nazi concentration camps describes his journey to find purpose and the power of hope despite tragedy.

**Anne Frank: The Diary of a Young Girl**, by Anne Frank: A world-famous biography that captures the human cost of the Holocaust.

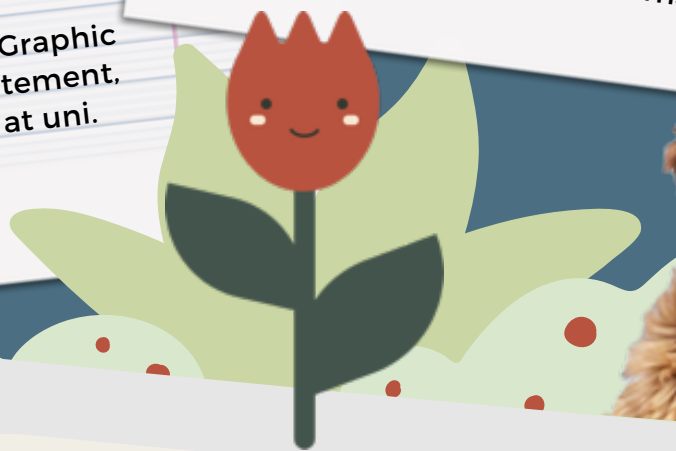
**Giant Days**, by John Allison: Graphic novel that captures the excitement, angst, and confusion of being at uni.

**Eleanor Oliphant is Completely Fine**, by Gail Honeyman: Eleanor, a social misfit, meets Raymond, who helps her repair her damaged heart. Will make you cry.

**The Skulduggery Pleasant series**, by Derek Landy: Urban fantasy with 14 books so far. Like Harry Potter, but with less school, more detective work, and snappier writing.

**Nimona**, by Noelle Stevenson: From the genius behind She-Ra, this graphic novel set in a delightful fantasy heist explores facing inner demons and accepting yourself. You'll laugh, cry, and think about turning into a shark.

**Beautiful Malice**, by Rebecca James: After the murder of her sister, Katherine moves to a new city, which sets off an unlikely friendship. Filled with unexpected twists and turns.



## TV Shows

**Avatar the Last Airbender (PG)**: Perfection. Iconic. Will make you try to bend at least one element.

**Adventure Time (PG)**: A good level of wholesome, a dash of fridge horror, and a lot of absurd fun.

**Atypical (M)**: Heartfelt comedy about Sam, a teenager on the autism spectrum.

**Sex Education (MA15+)**: Subverts Hollywood stereotypes to reveal the real teenage experience, navigating topics not commonly discussed in a hilarious way.

**Brooklyn 99 (M)**: A diverse and quirky team of detectives solves crimes in Brooklyn, New York. A light-hearted and easy watch.



# Spotify Playlists

9:00 am



## Post Lockdown Grooves

headspace Bondi Junction YRC

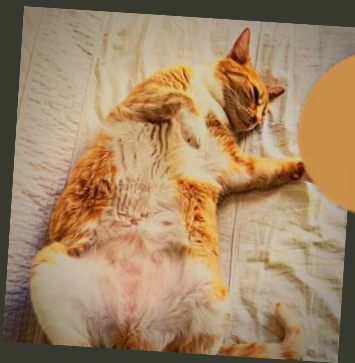
Playlist 2021



Dua Lipa Love Again . Whitney Houston I Wanna Dance with Somebody . We The Kings Check Yes Juliet . The Weeknd Blinding Lights . Bruno Mars Finesse - Remix; feat. Cardi B . ABBA Gimme! Gimme! Gimme! . Britney Spears Oops! ...I did it again . Britney Spears ... Baby One More Time . **and many more songs ...**



pov you need to chill out



I guess I'll go to the gym

# Insta accounts

**@tanksgoodnews**

An account dedicated to making sure positive news stories are told!

**@breelenehan**

Body acceptance

**@lucymountain**

Ridicules diet culture and influencers

**@the\_female\_lead**

Praises strong female characters

**@iamtabithabrown**

Influencer that focuses on daily encouragement and vegan cooking

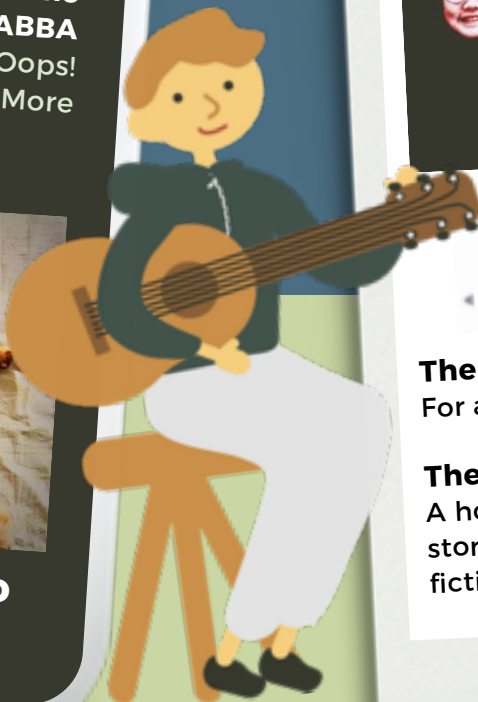


Podcasts



**The Daily Aus or The Squiz**  
For a quick news summary

**The Magnus Archives**  
A horror teleplay for fans of scary stories and an interconnected fictional world



# puzzles

**Puzzles are a great way to occupy your mind!**

Whether as a distraction or perhaps even a stress reliever, they give us a break from the worries of life whilst still providing a helpful challenge.

## Sudoku

Fill in all the blank squares with numbers from 1-9 so that each column, row and 3x3 squares have all the numbers from 1-9 once.

			8			1		2
	1	6	7	2	9			
3	8				1	7	9	6
6			2	9	4			
2		8	6	1			7	4
1	5				7		6	
		7			2	5		8
					8			
	2	5				6		1

E	H	E
C	P	S
D	A	A

Solutions can be view upside down

apeace  
 apse  
 asap  
 cape  
 chap  
 cheap  
 cheep  
 deep  
 escapade  
 escape  
 hasp  
 heap  
 headspace  
 pace  
 pasha  
 peace  
 peach  
 pecs  
 phase  
 seep  
 shape  
 shaped  
 sheep  
 space  
 spade  
 spec  
 speed  
 speech

Total Possible Words: 29

## Word Scramble

7	4	9	8	3	6	1	5	2
5	1	6	7	2	9	4	8	3
3	8	2	4	5	1	7	9	6
6	7	3	2	9	4	8	1	5
2	9	8	6	1	5	3	7	4
1	5	4	3	8	7	2	6	9
9	6	7	1	4	2	5	3	8
4	3	1	5	6	8	9	2	7
8	2	5	9	7	3	6	4	1

Sudoku

## Answers

### Word Scramble

Use combinations of the letters to find all the words. The words must be 4 or more letters long, must contain the green letter (in this case "P"), and cannot be plurals or proper nouns (ie names).

\*Note: Letters do not need to be touching each other to form a word

# Colour in

**Colouring-in is a great stress reliever!**  
Colouring-in allows our brains to de-stress, relax,  
be creative and even experience mindfulness.

For more free colour-in pages, check out the [Together Gallery Website](#)



brentos

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hello@brentos.com.au

'Good Vibes Cafe'

Having a little down? Get your coloring in pencil or that  
app and get ready to experience the feel-good of this postcard  
when you're around.

Illustration: Sarah Jones © Brentos





# Send us Feedback for your chance to win!

## Want free movie tickets from **Ritz Cinemas?**

We would love your feedback to inform future editions of "Simply Surviving." For a chance to win vouchers from Ritz Cinemas, Holey Moley, and Chargrill Charlie's, fill out the feedback form and leave your email address. Winners will be drawn in early January 2022. Find the survey [link here](#).

*Cool  
Prizes  
to win*

Do our  
survey





# Thank you to our sponsors

A huge **thank you** to all the local businesses who graciously supported this local community project with headspace Bondi Junction. We appreciate the generosity of the following sponsors who have been kind enough to offer our readers some **amazing prizes** (see below for details)!



**evilo box** is an Australian business creating bespoke DIY craft kits! evilo has offered a craft box!

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[ritzcinemas.com.au](http://ritzcinemas.com.au)

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 [instagram.com/chargrillcharlies](https://www.instagram.com/chargrillcharlies)



**Funlab** is the brand behind different entertainment spaces including Strike Bowling and Archie Brothers. They have partnered with us before with the Day of Fun Event, and have generously offered vouchers below for our readers.

[fun-lab.com](http://fun-lab.com)

*Archie Brothers*  
· CIRQUE ELECTRIQ ·

# 30 MINUTES GAME CARD FOR \$8

EXPIRES 15TH OF JUNE, 2022. Must present voucher at Reception. Available Monday - Thursday, from 10am to 6pm. Subject to availability. Not available public holidays or public holiday eves. Only redeemable at Archie Brothers Cirque Electriq Alexandria.

[ARCHIEBROTHERS.COM.AU](http://ARCHIEBROTHERS.COM.AU)

# 30 MINUTE GAME CARD FOR \$8

MUST PRESENT VOUCHER AT RECEPTION. AVAILABLE MONDAY - THURSDAY FROM 10AM - 6PM. NOT AVAILABLE ON PUBLIC HOLIDAYS OR PUBLIC HOLIDAY EVES. ONLY REDEEMABLE AT LUCKY & SONS ENTERTAINMENT QUARTER. EXPIRES 16TH OF JUNE, 2022.

[LUCKY AND SONS.COM.AU](http://LUCKY AND SONS.COM.AU)

## Supported by



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For more information, please see [our website](#).



Designed by Puen Yeung