

# WORK in progress

This Workbook is to help  
cope when you're not in a  
good headspace



Illustrated by Denisse López



headspace Campbelltown acknowledges the traditional custodians of all the lands on which we meet, work and live. We recognise that this land has always been Aboriginal and Torres Strait Islander land and always will be. We value their cultures, identities and continuing connection to Country, waters, kin and community.

We pay our respects to Elders past, present and emerging and we are committed to making a positive contribution to the wellbeing of Aboriginal and Torres Strait Islander young people, by providing services that are welcoming, safe, culturally appropriate and inclusive.

Every day, as we work to support young people within our community, we acknowledge the history and current realities of our First Nations people and understand our individual and collective responsibility towards the achievement of justice, equality and reconciliation.

# WORK in progress

This workbook has been designed with love and care by the headspace Campbelltown Youth Reference Group.

We know that lots of young people are going through a tough time - so we hope that this helps you take simple steps to feeling well.

This workbook belongs to:





This Wellbeing Workbook is designed as guide only and should not replace professional support.

If you need support during this time please contact:

- **Lifeline: 13 11 14**
- **Kids Helpline 1800 55 1800**
- **headspace 1800 650 890**
- **If it is an emergency please contact 000**

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This is  
**FOR YOU**



Illustration by Denisse Lopez

# SELF-REFLECTION

Looking after your mental health is an important aspect of your overall well-being, which describes a state of being that allows you to:

- Realise your strengths and abilities
- Have the ability to cope and manage with everyday stressors
- Set and fulfill goals
- Have the capacity to build and maintain relationships with others

However, like most things, our mental health journey is not always smooth and linear. In moments where the weight of everyday life feels too overwhelming, taking a moment to pause and reassess, readjust or just remind yourself that you are in control, can make re-approaching difficult circumstances more manageable.

Self-reflection is a process of getting to know ourselves on a deeper level (self-awareness).

*"Knowing yourself is the beginning of all wisdom."*

*- Aristotle*

# Self Reflection Worksheet

Things I am good at:

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Describe yourself in three words:

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What am I passionate about?

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What makes me “me”?

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What qualities I like the most about myself?

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Quote that inspires me:

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# Self Reflection Worksheet

What I like about myself:

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What would I like to improve on?

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What really matters to me?

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I'm grateful for:

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The process of self-reflection will involve asking yourself questions that aim to reveal and challenge perceptions that you may have of yourself, or aspects of yourself that you may not have noticed or considered to be true.

This workbook hopes to facilitate an open and honest conversation with yourself, involving questions and activities that are centered on learning and understanding the origins of you, so that you're able to observe the present in a different way and consider different conclusions or avenues.



Illustration by Denisse Lopez

# STRENGTHS

"REMIND YOURSELF OF YOUR STRENGTHS"

Strength is an action or ability that you do consistently well and feel confident and natural when you use this ability.

Strengths are more than just 'hard' skills - like knowing how to draw, being good at maths or playing a sport. They also include 'soft' skills - like making people laugh, having discipline, or being a really motivating person.

An important thing to remember when thinking about these prompts and questions is to notice the patterns or similarities in your responses. This can help form your understanding of what your strengths are.

CIRCLE YOUR STRENGTHS FROM THE OPTIONS BELOW,  
OR ADD YOUR OWN

Wisdom	Assertiveness	Forgiveness	Patient
Empathy	Logic	.....	Flexibility
.....	Optimism	Open Mindedness	Curiosity
Honesty	.....		Discipline
Creativity	.....	Humor	.....
.....	Fairness	.....	.....

# **THE INITIAL SPARKS:**

**My top 10 strengths are:**

**How do I use my strengths to solve problems?**

**Which of my strengths do I like to practice the most?**

**What are the 3-5 strengths that I use the most in my daily life?**

## THE LESS OBVIOUS:

Recall a time where you felt the most confident. What were you doing?

Think of instances where you had to use your strengths to solve a problem and how did you do it?

If you're not sure how to start figuring out your strengths, the "VIA Character Strengths Survey" can be a useful tool. Check out the link below to take the survey:



*Life is tough, but so are you!*



Illustration by Denisse Lopez

# WHAT ARE EMOTIONS?

Emotional awareness is the ability to identify, understand and manage your emotions. Your feelings are important, they provide a lot of depth and insight into how our internal programming has responded to the external stimulus (something that has caused a reaction from us).

Being aware of our emotional states allow us to better understand why we're feeling and this can help us develop more effective tools to make better decisions and express ourselves with more confidence.



## A NEW WAY TO THINK ABOUT EMOTIONS:

We often divide our emotions into either good or bad emotions i.e. happiness vs. sadness. However, letting go of this strict binary in which we categorise our feelings will be a lot more helpful in unpacking and understanding our emotional state.

What we can do instead is to view our feelings as information sources. Whether the feeling is positive or negative isn't really the main focus. Instead, we're using our feelings to give us insight into ourselves and the situation. We're going beyond identifying the emotion and asking why.

It is important to identify the difference between sustained feelings, temporary emotions and mood state. Being able to identify the difference between these three will help you to feel less overwhelmed by them. So what is the difference? The short answer for this question is “time” and the relationship between them.

## What is the difference?

### EMOTIONS

What you feel immediately in the moment.

### FEELINGS

Is the physical and mental sensation caused by emotions.

### MOOD

The mix of feelings and emotions. Is a semi-persistent mental, physical and emotional state

EMOTIONS  
COME FIRST,



THEN FEELINGS COME  
AFTER AS THE EMOTION  
CHEMICALS GO TO WORK  
IN OUR BODIES

= MOOD

Note:

To learn about the difference between emotions, feelings and mood, access this website that explains it better:



## WHAT ARE YOU FEELING?

Being able to name or label your emotions is an important starting point in knowing what you're dealing with (and takes off half the stress).

For example, you had an argument with a friend and recognise that you mostly feel angry. But you could also be feeling annoyed that your friend wasn't able understand your point of view, or sad that you reacted in a way that you're not completely proud of.



Unpacking the different emotions you are feeling, you may notice that there are different intensities or levels to your feelings. Weigh up the different emotions and ask: **which one do you currently feel more strongly or relate to more?**

Everyone expresses their emotions differently and therefore, knowing how you express your emotions can help you understand your emotional state of being. You can also then determine if that particular behavior is the most comfortable way you want to express that feeling.

# Emotions and Feelings Wheel



# WHAT IS AN EMOTION THAT YOU HAVE BEEN FEELING LATELY?

(You can use the emotion wheel to identify what you are feeling).

MY EMOTIONS	FEELS LIKE	SOUNDS LIKE	A TIME WHEN I'VE FELT IT
Sadness			
Happiness			
Fear			
Anger			
Loved			

**Important:** If you need to speak to someone urgently, call **Lifeline 13 11 14** or **Kids Helpline 1800 55 1800**.

If it's not an emergency, find your nearest **headspace centre** and you can make an appointment to speak with one of our workers or create an account to access online support.



**"HABITS ARE NOT A FINISH LINE TO BE  
CROSSED; THEY ARE A LIFESTYLE TO  
BE LIVED"**

- James Clear



Illustration by Denisse Lopez

# WHAT ABOUT HABITS?

Habits are a learned response that is tied to a particular activity. For example, going on a daily walk or drinking a glass of water. They're not things you start doing out of the blue, but are small actions that build up over time.

## WHY ARE THEY GOOD FOR YOU?

Habits are often viewed in a negative light, but it doesn't always have to be. In reality, we engage with a lot of healthy habits. For instance, brushing our teeth twice a day. This habit keeps our teeth healthy and can help us feel more confident about smiling!

Habits are great things to implement because they can help us feel empowered, help us achieve our goals, but more importantly, help maintain a balanced life .

WHAT IS A GOOD HABIT THAT YOU HAVE AND  
WHY IS IT A GOOD HABIT?

HOW DOES IT MAKE YOU FEEL?

If you want to stick with a habit for good, an effective thing you can try is to keep a habit tracker for 30 days! Make a list of habits that you want to acquire, maintain or improve and use the habit tracker for a month.



### REMEMBER:

When you are implementing these new habits, the trick lies in remembering the bigger picture. Perfection is not the goal, nor is it achievable. There will be moments where you simply do not want to work on that habit and that's perfectly fine.

The goal is to not be discouraged if you don't stick with the plan, but rather forgive yourself and start again the next day. Remember that habits are small actions that are repeated over time, and with that momentum, will grow and build upon itself. So just because you may get derailed from practicing that habit, it won't affect your overall ability to build that habit.

# HABIT TRACKER!

Month: \_\_\_\_\_

habit: \_\_\_\_\_

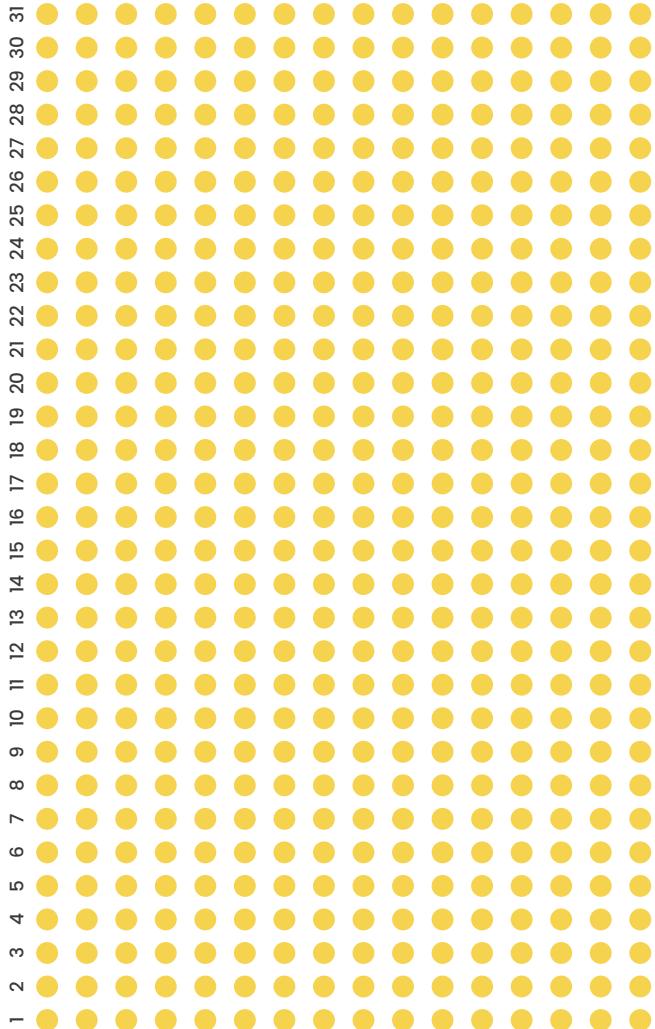




Illustration by Denisse Lopez

# BOUNDARIES

The limits we set with ourselves around what we will or will not tolerate. The boundaries you set can be different between groups of people or individuals – it's all dependent on what you're comfortable with.

## WHY DO WE SET BOUNDARIES?

- It helps communicate and model the appropriate behaviour that we expect to receive
- It helps us advocate for ourselves about what we like, need, and want, as well as what we dislike
- It helps create an environment for us to be vulnerable and grow
- It helps maintain mental and emotional wellbeing

## WHAT BOUNDARIES ARE NOT

Sometimes it can be misinterpreted as walls that prevent you from connecting with others. But they're more like bridges that protect and keep you safe, allowing you to connect with people on your own terms. Boundaries help bring us closer together, rather than keep us apart.

*"Love yourself enough to set boundaries. Your time and energy are precious and you get to decide how you use them. You teach people how to treat you by deciding what you will and won't accept."*

*– Anna Taylor*

# 4 types of boundaries you need in your life

## MENTAL

What and how much you want to share to others.

You can have your own opinion.

Ability to decide what you believe.

Express what you think.

How others speak to you.

## EMOTIONAL

Recognizing what you are feeling.

Allowing you to understand your emotions.

Give yourself time to heal or just feel.

Respecting privacy.

## PHYSICAL

Deciding who, how, where and when to be touched.

Personal space.

Ability to make decisions about your body and sexual experience.

Pay attention to your own physical needs and nutrition.

## SPIRITUAL

Determine your own values and beliefs.

Exploring your talents.

Ability to practice your beliefs.

Choosing your mentors.

Standing up for yourself.

# Setting Boundaries

## Mental

*"I want to continue having this conversation, but if things start getting heated/aggressive, I will have to take a break."*

WRITE YOUR OWN

## Physical

*"I am really excited to see you . . . but I don't really want to be hugged at the moment."*

WRITE YOUR OWN

## Emotional

*"I want to support and help you as much as I can, but I need some time alone first."*

WRITE YOUR OWN

## Spiritual

*"Thank you for telling me about what you believe, but I would feel more comfortable if we talked about something else."*

WRITE YOUR OWN



*Illustration by Denisse Lopez*

# SELF-CARE VS COPING

Self-care and coping skills are two different mechanisms that both help manage our mental wellbeing.

They interplay with each other to give us a line of self-defence known as self-regulation. However, they differ based on when they are used and for what purpose.

## WHAT IS SELF-CARE?

Self care is proactive actions taken towards your emotional, mental, physical and spiritual health. It involves doing activities that make you feel better and will ultimately help decrease burnout, future stress and any other negative circumstances over time.

## WHAT ARE COPING SKILLS?

Coping skills are reactive - They aim to reduce emotional distress during a difficult time or to help get rid of situations that cause you distress. Healthy coping skills can help you prepare for and handle challenges you might experience in the future.

You may find that certain coping skills and self care techniques work better depending on the situation or emotion. You may also find that certain skills and techniques come to you more naturally than others.

*Self-Care:*  
SLEEPING WELL  
NUTRITION  
PHYSICAL ACTIVITY  
SPIRITUAL ACTIVITY

*Coping Skills:*  
DEEP BREATHING  
MINDFULNESS  
MUSCLE RELAXATION  
JOURNALING

# SELF-CARE BINGO

The biggest prize of all is taking care of yourself

Practice Self Compassion	Took time for Myself	Drank Water	Eat Good Food	Asked for help
Exercised	Did a hobby	Went for a walk	Had a shower	Took a much needed break
Talked to a friend	Give myself a compliment	FREE SPACE	Got 8 hours of sleep	I Said NO
Took a Social Media Break	Practice Gratitude	Treated Myself	Listened to music	Let myself Cry
Stretched	Wore my favorite Outfit	Meditated	Tried something New	Took some quiet time

Try to complete the self-care bingo. This is a small game that you can play for a month or a few weeks. Take it as a little reminder that you should take care of yourself.

Understanding your triggers and how they affects you is an important step to implement healthy coping skills to overcome them.

Identify your strongest triggers, how do they make you feel and write what coping skills help you the most:

TRIGGERS	FEELING	COPING SKILLS

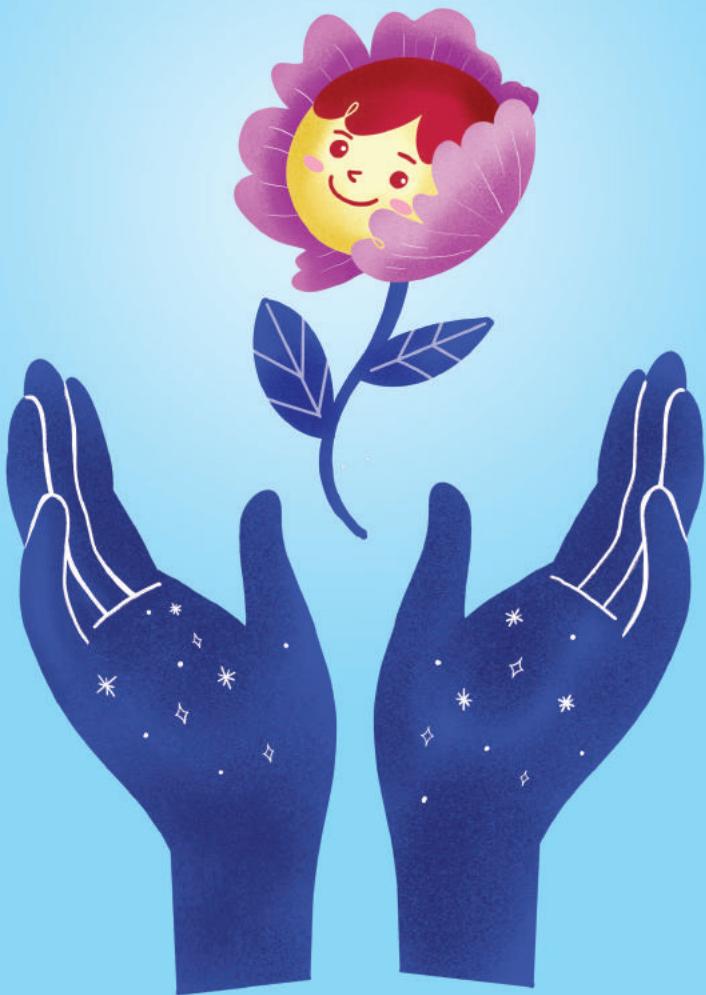


Illustration by Denisse Lopez

# MEETING THE WORLD

Throughout this workbook, we have been building skills around self-reflection to ultimately develop our self-awareness. Both of these are at the core of maintaining our mental health.

## DURING SELF-REFLECTION, WE ARE:

- Getting to know the in's and out's of ourselves
- Discovering our values and belief systems
- Letting go of what doesn't define us in the present

## IN DEVELOPING SELF-AWARENESS, WE ARE:

- Understanding how the external environment could be affecting our internal environment
- Observing how our feelings and reactions are influenced by what's happening around us
- Recognising how our behaviours and actions could be affecting those around us

## LEVELS TO OUR WELLNESS

When talking about mental health and wellbeing, we sometimes approach them as things that are separate from us. But in reality, our mental health is integrated in our everyday lives and how we experience the world.

The way our family, community and society impacts us will vary depending on the person and individual circumstances. On the following page, we identify these various groups and look at how they are positioned in our lives.

For instance, what role does community have on your mental wellbeing? Are there values that don't align with your personal viewpoints? How do things like your physical wellbeing or matters related to work or social issues influence your headspace?

The flower diagram visualises how our mental health is impacted by the different people, communities (families and friends) and broader structures (systems and institutions) that we exist in. The way in which these groups impact us will vary depending on the person.

Different groups that influence our mental wellbeing:

**Individual:** all about you and your perspectives

**Family/Friends:** this refers to your more immediate connections

**Community:** your every-day environment. People you interact with, your workplace or school.

**Society:** it relates to a broader network of people that you may or may not have immediate or personal connections to.

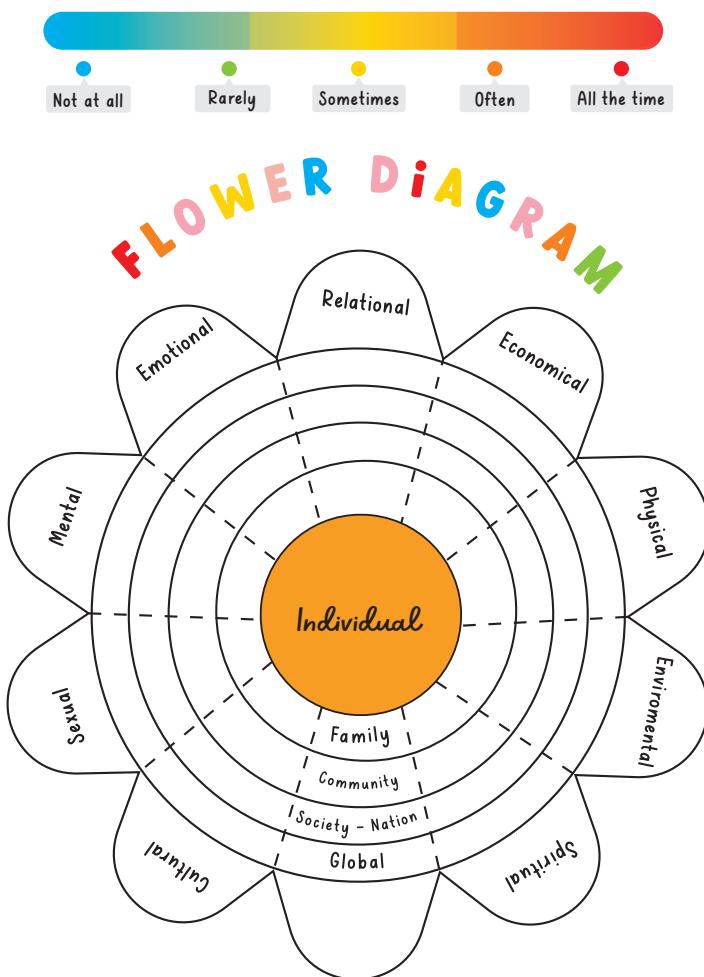
**Global:** refers to the broader institutions, systems and values that underpin the structures of our world. For example, governments, financial institutions, health-care systems.

**The petals (border):** these are some things that can affect our mental wellbeing more directly and are a lot more specific to our situation. The lines that are attached to them cross over all the different groups, as they can be reinforced by them, resulting in its greater (positive or negative) impact on your mental health.



Having an awareness of these interactions and where they are rooted within these different groups, can help inform the way we manage our mental health on not only a day-to-day basis, but for when things feel a bit more overwhelming.

How do the following aspects impact my mental health and wellbeing?





# WHAT'S NEXT?



HOW DO WE NAVIGATE THE INTERPLAY BETWEEN OUR INDIVIDUAL VALUES AND IDEAS WITH OUR INTERACTIONS WITH PEOPLE AND SOCIETY?

- **Honoring your sense of self** and making sure that your value system is reflected through your actions. Setting and reinforcing your boundaries (page 22 -25 ).
- **Taking action** and getting involved with your community and organizations that you're passionate about - participating and connecting with like-minded people can empower you.
- **Maintaining your mental health** is a two part system - periods of introspection and time to yourself must always be balanced with collaboration.
- **Connecting with people** and participating with issues or causes that you believe in, is a powerful fueling source.
- **There are only so many things we can control**, so approach yourself with kindness. It's important that you engage in your self-care practices and coping mechanisms so that you are looking after yourself and not burning out. (Page 26-29 ).

ALWAYS REACH OUT  
IF YOU'RE STRUGGLING



You  
Got this



CHAPTER	SOURCE
Self-reflection	<p>Wellbeing resources and information - Black Dog Institute. (2021). Retrieved 10 November 2021, from <a href="https://www.blackdoginstitute.org.au/resources-support/wellbeing/">https://www.blackdoginstitute.org.au/resources-support/wellbeing/</a></p> <p>How to become self-aware - ReachOut (2021). Retrieved 10 November 2021, from <a href="https://au.reachout.com/articles/how-to-become-self-aware">https://au.reachout.com/articles/how-to-become-self-aware</a></p>
Strengths	<p>Buckingham, M, Clifton, DO, Allaire, B, &amp; Strosinski, J, 2003, 'Now, discover your strengths: The revolutionary program that shows you how to develop your unique talents and strengths-and those of the people you manage', Performance Improvement, Wiley Periodicals, Inc., A Wiley Company, San Francisco, CA, doi: 10.1002/pfi.4930420609.</p>
Emotional Awareness	<p>Understanding Your Emotions (for Teens) - Nemours KidsHealth. (2021). Retrieved 2 September 2021, from <a href="https://kidshealth.org/en/teens/understand-emotions.html">https://kidshealth.org/en/teens/understand-emotions.html</a></p> <p>Sutie, J. (2021). What You Think About Your Emotions Matters. Retrieved 12 September 2021, from <a href="https://greatergood.berkeley.edu/article/item/what_you_think_about_your_emotions_matters">https://greatergood.berkeley.edu/article/item/what_you_think_about_your_emotions_matters</a></p>
Habits	<p>Kelly, D. (2021). How to break bad habits with your brain - Headspace. Retrieved 9 September 2021, from <a href="https://www.headspace.com/articles/break-bad-habits">https://www.headspace.com/articles/break-bad-habits</a></p> <p>Personal Boundaries: Types and How to Set Them. (2021). Retrieved 4 October 2021, from <a href="https://psychcentral.com/lib/what-are-personal-boundaries-how-do-i-get-some/#how-to-set-boundaries">https://psychcentral.com/lib/what-are-personal-boundaries-how-do-i-get-some/#how-to-set-boundaries</a></p> <p>Garone, S. (2021). The No BS Guide to Setting Healthy Boundaries in Real Life. Retrieved 9 September 2021, from <a href="https://www.healthline.com/health/mental-health/set-boundaries">https://www.healthline.com/health/mental-health/set-boundaries</a></p>
Meeting the World	<p>Cultivating Growth and Solidarity. (2021). Retrieved 14 October 2021, from <a href="https://www.growthandsolidarity.ca/286-2/">https://www.growthandsolidarity.ca/286-2/</a></p>

# WORK in progress

YOU KNOW YOURSELF BEST.

Building a connection and relationship with yourself is a never-ending process.

Your ease and ability to self-reflect and become more self-aware will only continue to grow in harmony with that. Knowing your strengths and limitations, how to think about feelings and emotions, what makes you feel uneasy or distressed and ways that help you cope, are just some things that will be explored in this workbook to help kickstart a vulnerable conversation about mental health and wellness that is specific to you.

Illustrated by Denisse López



**headspace**  
Campbelltown