



it's a
mood



headspace
Canberra

A photograph of two young women sitting on the grass, smiling and talking. The woman on the left is wearing a striped shirt and a pearl necklace. The woman on the right is wearing a brown jacket and blue jeans. The background is a blurred outdoor setting.

it's a mood

**can help
you reflect
on how
you're
going and
manage
low mood**



This zine was made on Ngunnawal and Ngambri land! We pay respects to their Elders and recognise sovereignty was never ceded.



quick note!

Feeling low, sad or irritable is super normal. These feelings are useful signals that we need to slow down and be kind to ourselves.

A lot of the time moods come and go, they aren't a forever thing.

However, if you notice these feelings stick around for weeks or months, it's a good idea to get support.

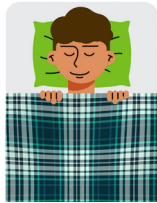
You can start by chatting to a doctor or calling headspace Canberra.



small wins

Low mood can make little things hard.
Recognise that you managed to get stuff
done today by ticking them off.

Got out of
bed



Showered



Took meds



Hygiene stuff



Left the
house



Ate some
food





Washing



Drank water



Exercised



Reached out



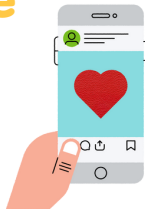
Journaled



Something fun



Break from phone



Something soothing



hard thoughts

Write out the difficult things that have been on your mind.

1. E.g. I'm going to feel like this forever.

2.

3.



positive re-evaluation

Gently consider if these thoughts are 100% true, 100% of the time.

1. I felt ok this morning and I feel pretty good when I'm dancing.

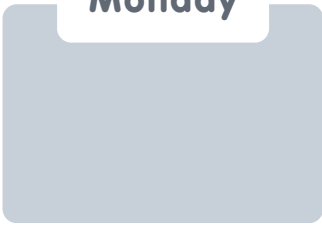
2.

3.

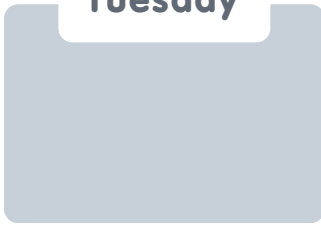
schedule it!

Now schedule that stuff in!

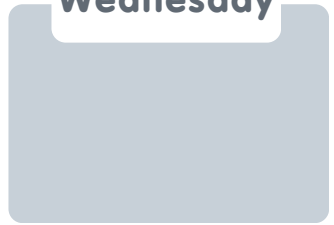
Monday

A light blue rectangular box with rounded corners and a white tab at the top, intended for scheduling activities for Monday.

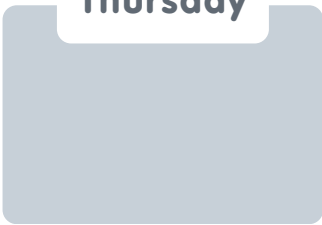
Tuesday

A light blue rectangular box with rounded corners and a white tab at the top, intended for scheduling activities for Tuesday.

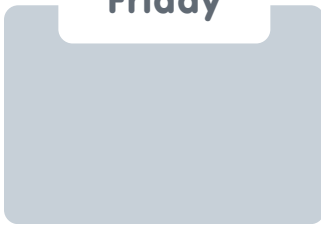
Wednesday

A light blue rectangular box with rounded corners and a white tab at the top, intended for scheduling activities for Wednesday.

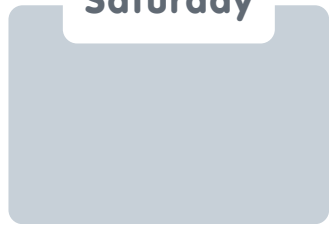
Thursday

A light blue rectangular box with rounded corners and a white tab at the top, intended for scheduling activities for Thursday.

Friday

A light blue rectangular box with rounded corners and a white tab at the top, intended for scheduling activities for Friday.

Saturday

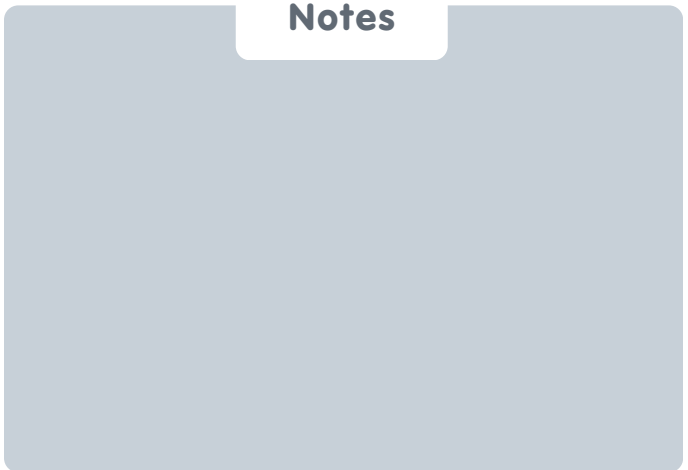
A light blue rectangular box with rounded corners and a white tab at the top, intended for scheduling activities for Saturday.

Sunday

**E.g. Walk on
Mt Majura**

A light blue rectangular box with rounded corners and a white tab at the top, containing the example text "E.g. Walk on Mt Majura".

Notes

A large light blue rectangular box with rounded corners and a white tab at the top, intended for taking notes.



gratitude jar

Write down some things you are glad are in your life.





journal

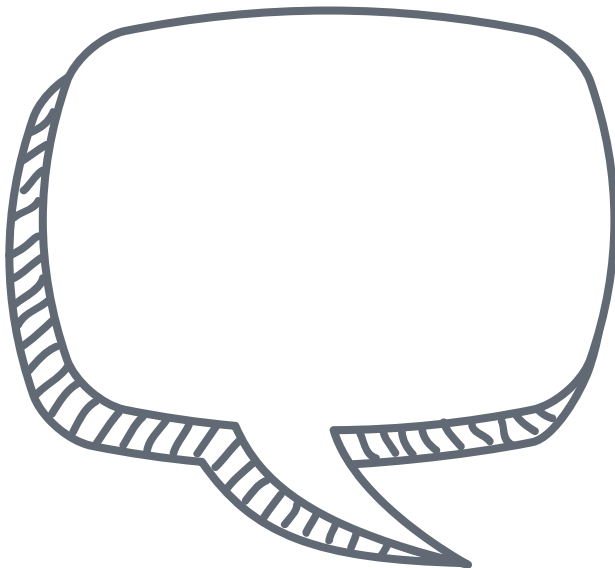
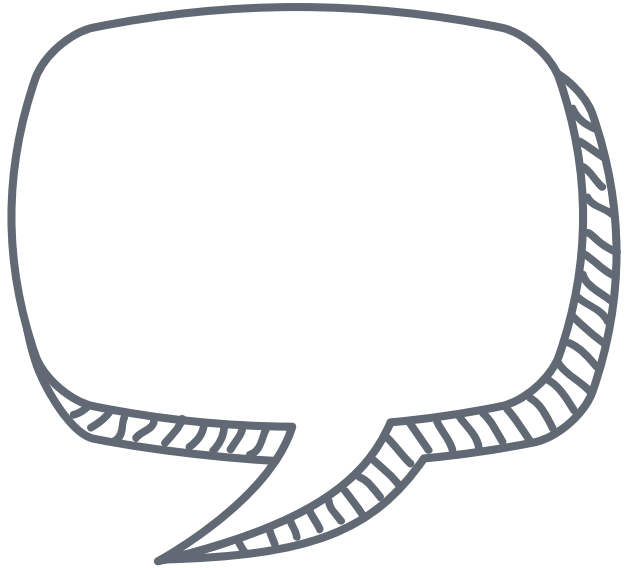
Each day write out three good things that happened.

Day 1	<ul style="list-style-type: none">• Good outfit• Hugged my cat• Had bubble tea
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	

positive self talk

Learning how to be kind about ourselves is hard. Try it in the bubbles below.

Something
hard you
overcame



Something nice
you did for
someone else

self affirmation

Circle some of your strengths or write down your own.

creativity	quirkiness	kindness
curiosity	humour	gratitude
honesty	forgiveness	activism
team work	self control	caring
appreciation	support of friends	flexibility
dedication	family oriented	love of learning



movement plan

Getting up and about can help with mood. Write some ideas for physical activities.

Muscle relaxation
activity

Swimming

Move to music

body check in

How your body feels is a good indication of your mood. On the picture below write what you feel and where you feel it.



coping statements

Try saying some of these positive 'coping statements', then write some of your own.

- **My feelings are uncomfortable right now, but I will get through it.**
- **I only have control over the present moment.**
- **My job is to focus on breathing.**
- **Speak to yourself like a friend 'It's ok, I'm here with you, you can do it'.**

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headspace can help with...

Mental health



We will listen to you and help with things like worry, anxiety and feeling super low.

Education and employment



We'll help you get your head around resumes, interviews, and education goals.

Physical and sexual health



We can help you get linked with physical and sexual health support.

Alcohol and drugs



Want to make changes to your alcohol and drug use, or just have questions? We can help!

want support?

**give us a
call or drop in!**



**1/1 Torrens st
Braddon**



(02) 6113 5700



**if it's an
emergency**

**Access Mental Health
1800 629 354**

**Lifeline
13 11 14**

