



it's a mood



headspace
Canberra

A background image of two young women sitting on grass, smiling and laughing. The woman on the left is wearing a striped shirt and a pearl necklace. The woman on the right is wearing a brown jacket with a fur collar and jeans. The text is overlaid on this image.

it's a mood

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



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





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 small things hard.
Recognise that you managed to get stuff
done today by ticking them off.

☐

showered

☐

took meds

☐

got out of
bed

☐

ate some
food

☐

left the
house

☐

reached out





washing



drank water



exercised



hygiene stuff



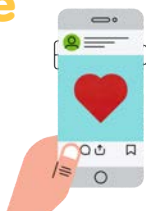
journalled



something
fun



break from
phone



something
soothing



hard thoughts

Write out the things that have been on your mind.

1. I'm worthless
2. I'm going to feel like this forever.
- 3.



positive re-evaluation

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

1. Actually, I made my friend laugh today, plus I can be really thoughtful.
2. I felt ok this morning and I feel pretty good when I'm dancing.
- 3.

things I enjoy

It's easy to forget to do things that make us feel good. Write down some ideas.

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schedule it!

Now schedule that stuff in!

Monday

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Tuesday

A light blue rectangular box with rounded corners and a white tab at the top center containing the text "Tuesday".

Wednesday

A light blue rectangular box with rounded corners and a white tab at the top center containing the text "Wednesday".

Thursday

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Friday

A light blue rectangular box with rounded corners and a white tab at the top center containing the text "Friday".

Saturday

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Sunday

A light blue rectangular box with rounded corners and a white tab at the top center containing the text "Sunday".

Notes

A large light blue rectangular box with rounded corners and a white tab at the top center containing the text "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	

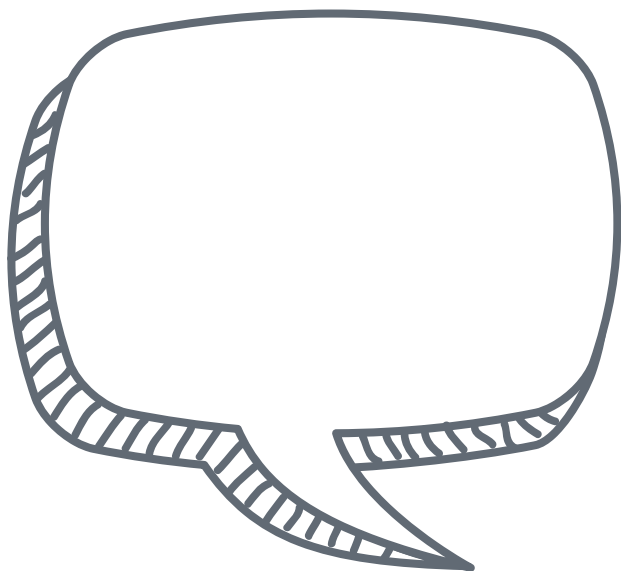
positive self talk

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 three 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

Your body will let you know how you're going. On the picture below write what you feel and where you feel it.



plus this stuff!



meditation



muscle relaxation



yoga



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



Our doctor is free, super thoughtful, and has long appointments.

alcohol and drugs



Want to change up 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



**in an
emergency?**

**Access Mental Health
1800 629 354**

**Lifeline
13 11 14**

