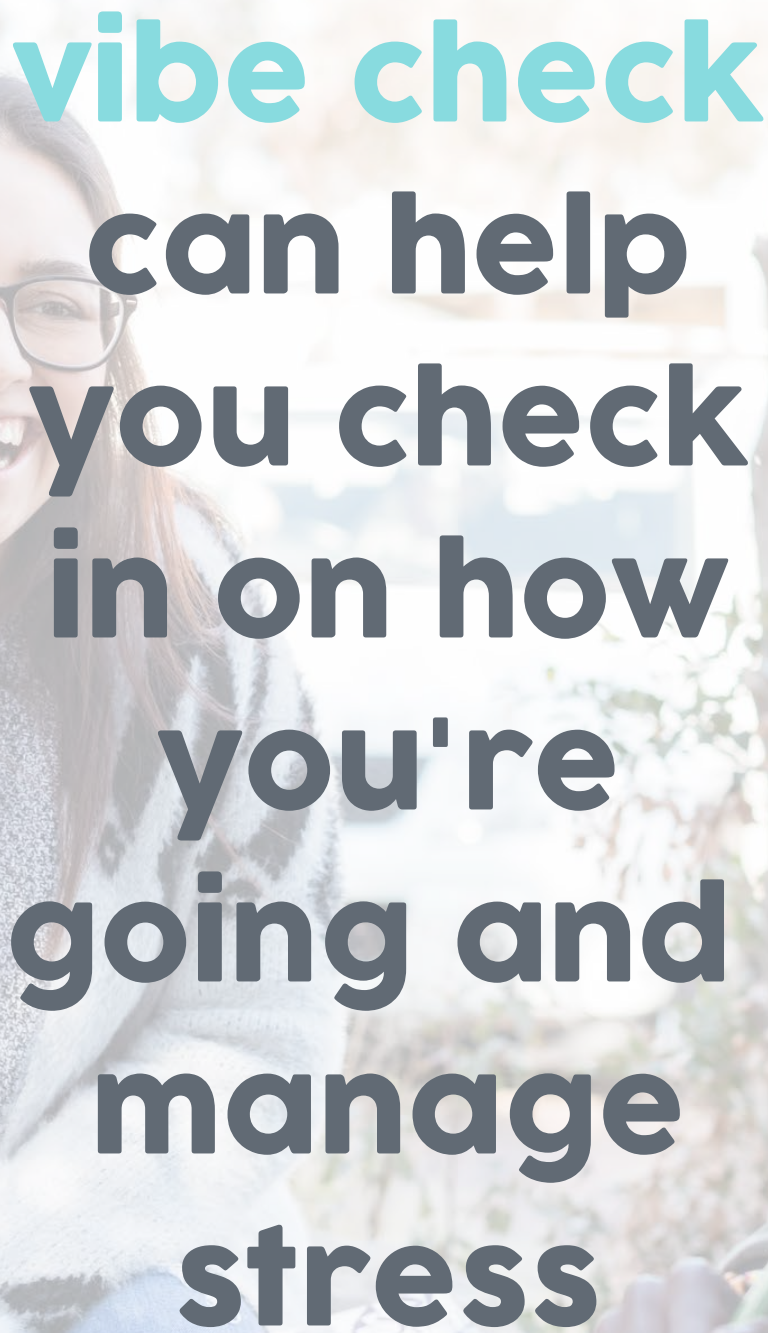


A smiling woman with glasses and a man looking at a drawing. The woman is on the left, wearing a grey sweater and glasses, smiling broadly. The man is on the right, looking down at a drawing on a piece of paper. The background is a blurred outdoor setting with trees and a white van.

vibe check



headspace
Canberra



vibe check **can help** **you check** **in on how** **you're** **going and** **manage** **stress**

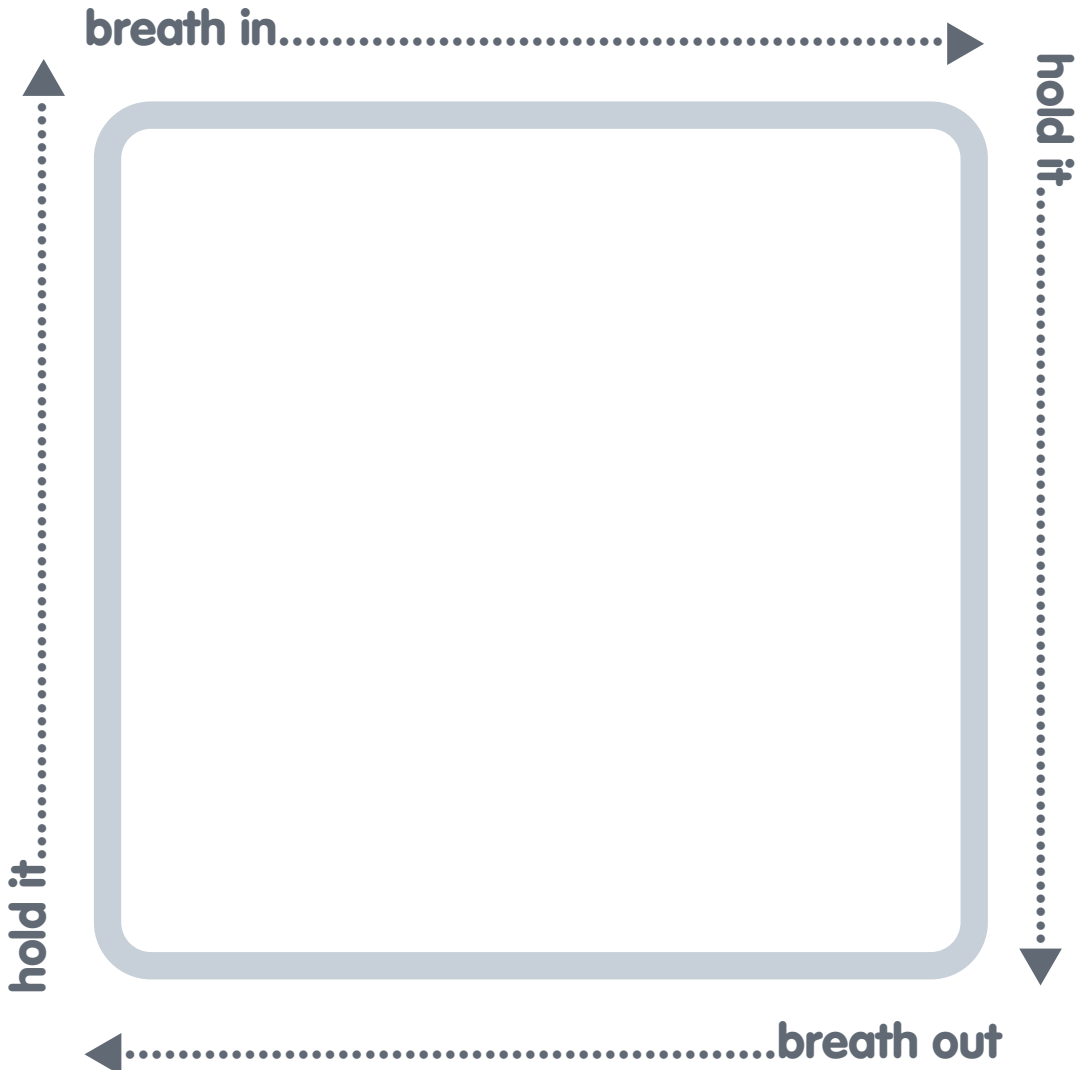


This zine was made on Ngunnawal land! We pay respects to their Elders and recognise sovereignty was never ceded. Treaty now.



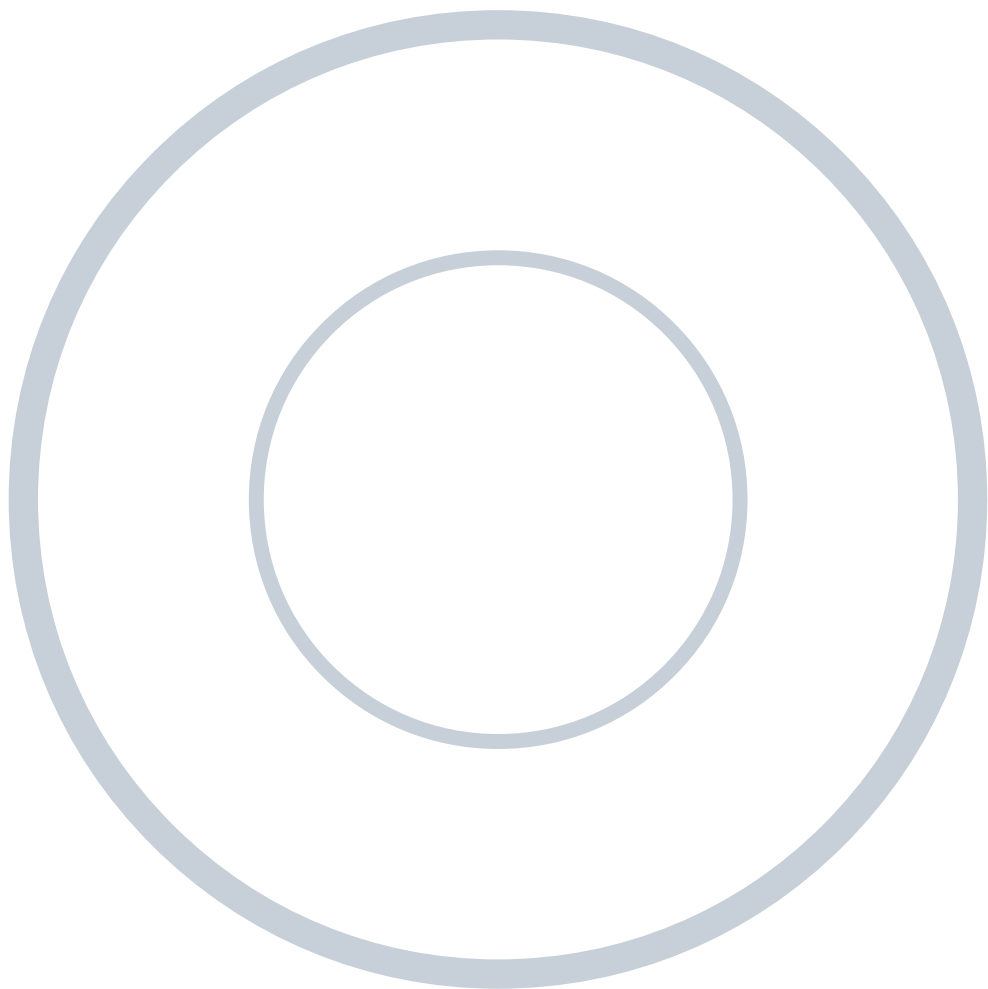
box breathing

Slowly trace your finger around the box while you follow the breathing guide.



circle of influence

In the small circle write what you can control. In the large circle write what you can't. Try focus your energy on the small circle.





5 things exercise

5 things you can see

-
-
-
-
-

feel free to skip
some steps if you
have a sensory
disability

4 things you can hear

-
-
-
-

3 things you can feel

-
-
-

2 things you can smell or taste

-
-

1 nice thing you'll do for yourself

-

things that help

**Write 10 things that help you feel calm
eg. call a friend, fanfic, therapy**

1.

2.

3.

4.

5.

6.

7.

8.

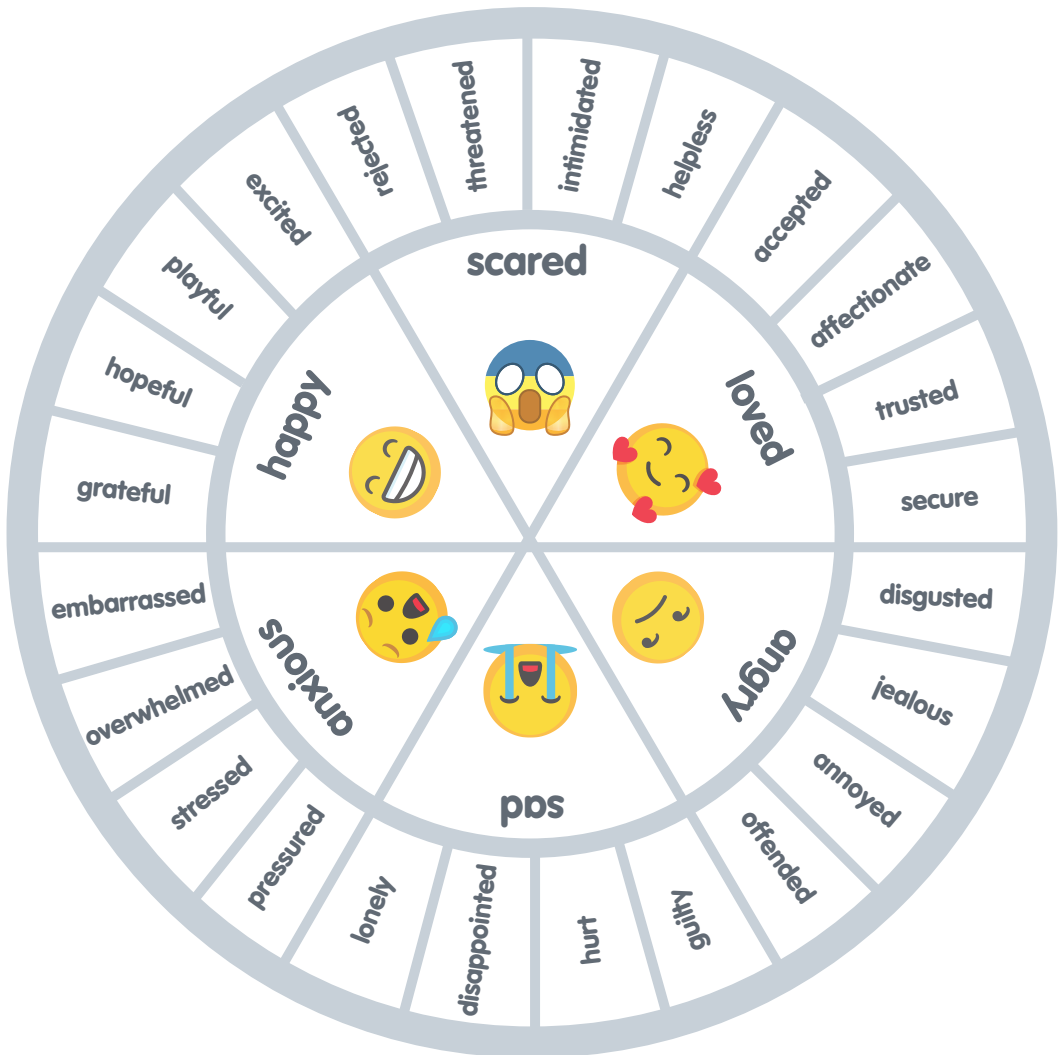
9.

10.



mood wheel

Putting feelings into words can be hard.
This mood wheel can help.



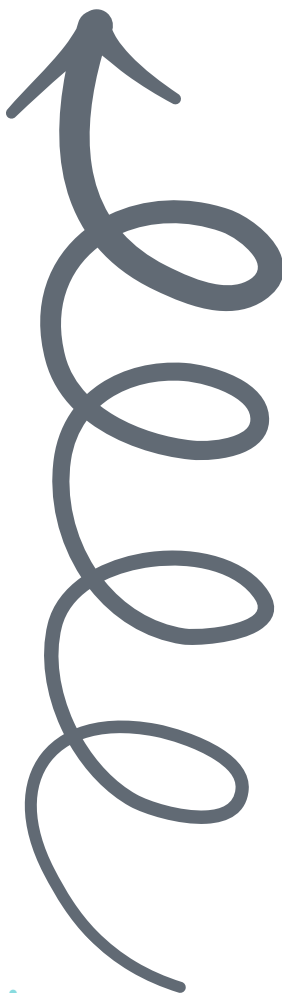
thoughts & feelings

What am I feeling?

What am I thinking?

stress spiral

Write out events, thoughts, and actions that overwhelm you.



argument
with a friend

running late

homework

unwind

Write out things that help you unwind.

video games

a break from
my phone

movement



self compassion

How can I be kind to myself today?

What will help me feel ok today?



mindfulness colouring



mindfulness colouring





movement plan

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

go round the block

stretch

learn a tiktok dance

soothing soundscapes



plus these activities!



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



**if it's an
emergency**

**Access Mental Health
1800 629 354**

**Lifeline
13 11 14**

