



# vibe check



headspace  
Canberra

**vibe check**

**can help  
you check  
in with  
yourself  
and  
manage  
stress**

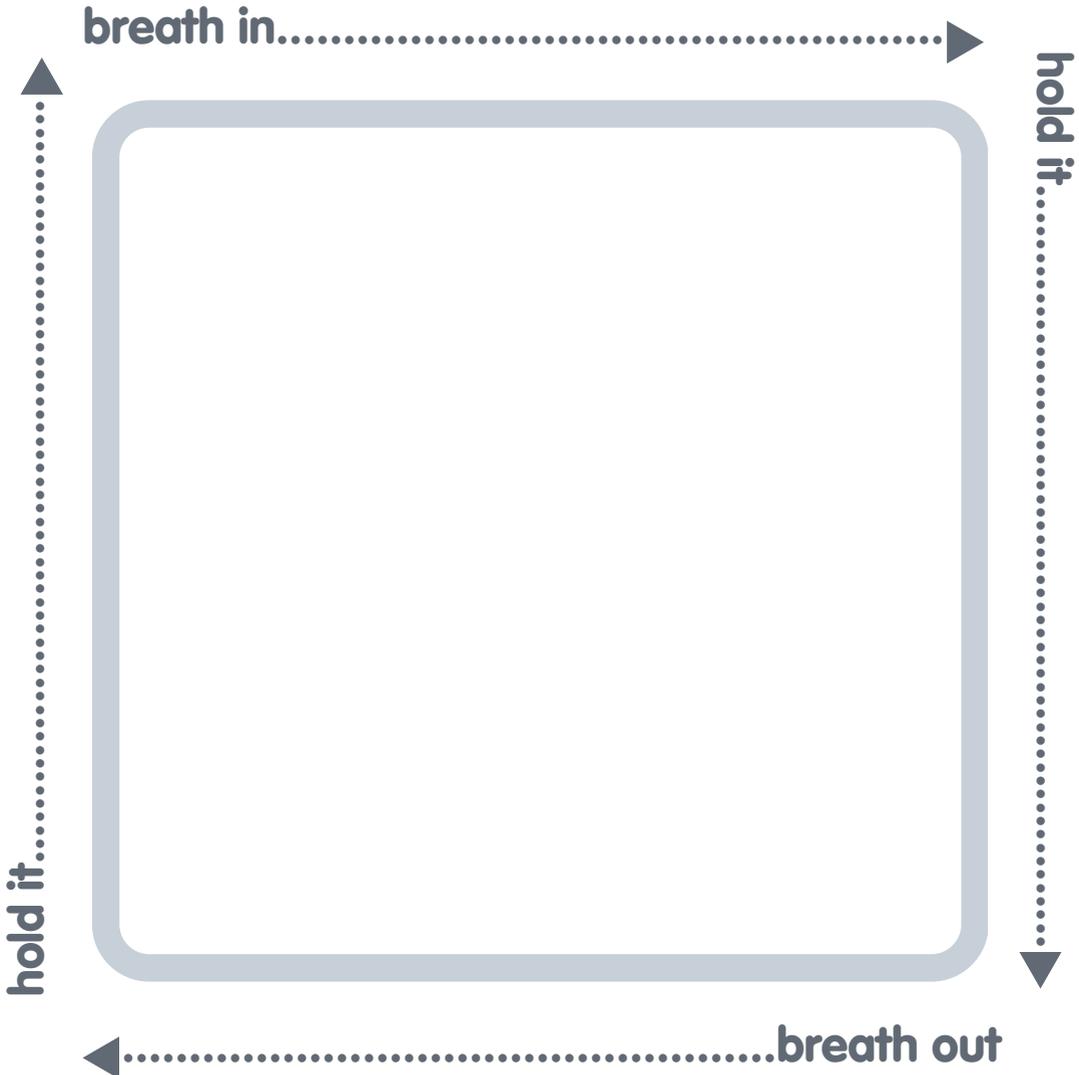


This zine was made on Ngunnawal and Ngambri land! We pay respects to their Elders and recognise sovereignty was never ceded.



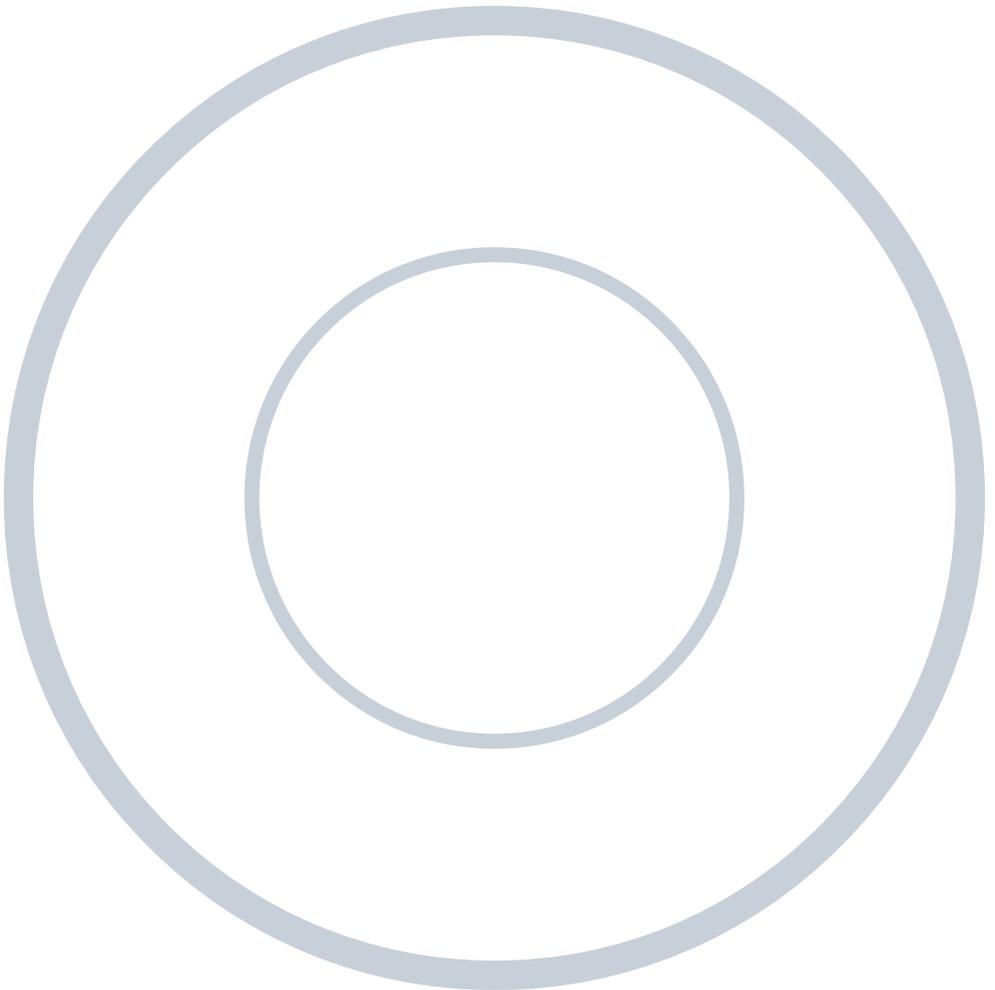
# box breathing

Slowly trace your finger around the box and 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 control. Try and focus your energy on things in the small circle.**





# 5 things exercise

## 5 things you can see

- 
- 
- 
- 
- 

feel free to skip  
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 down 10 things that help you feel  
call E.g. Call a friend, fanfic, therapy.

1.

2.

3.

4.

5.

6.

7.

8.

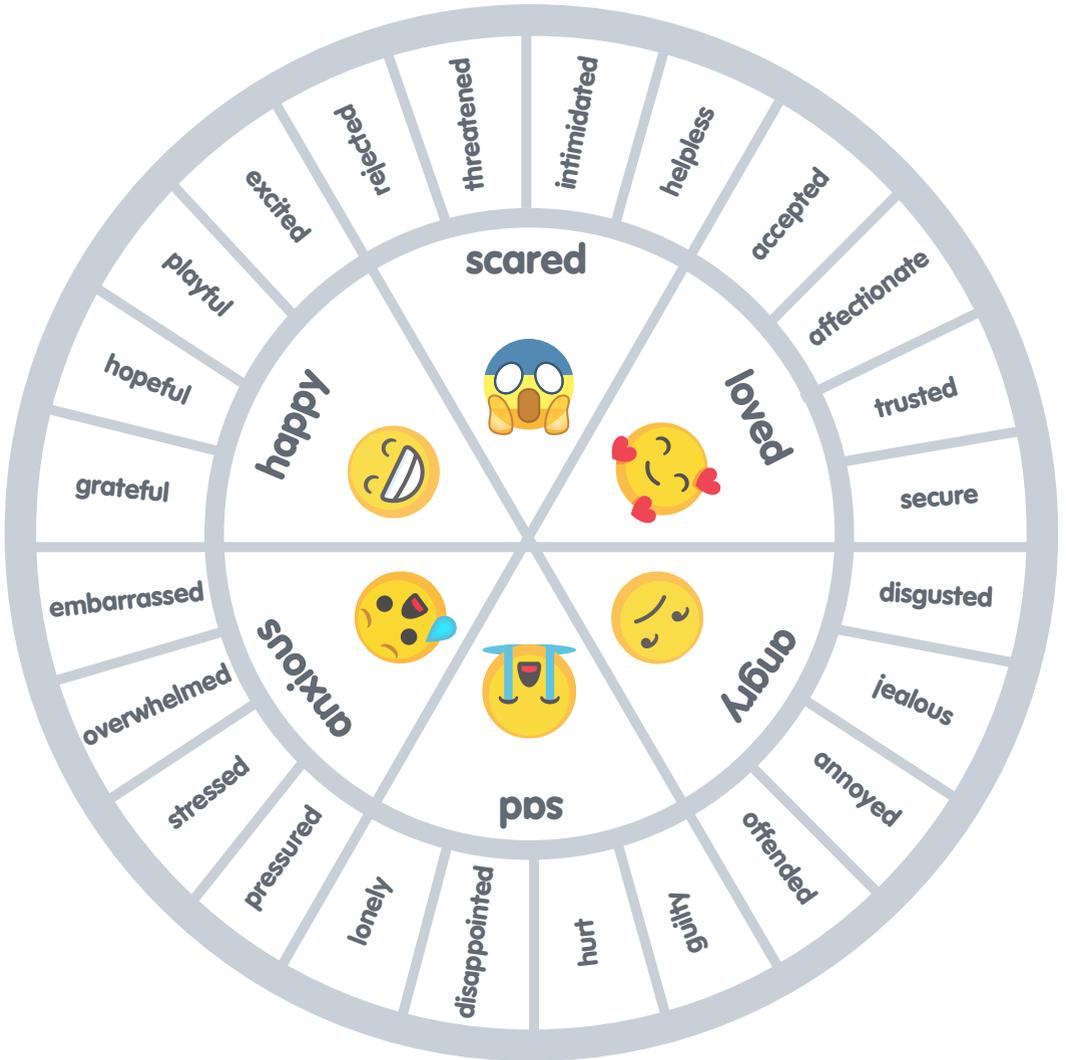
9.

10.



# mood wheel

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



# thoughts & feelings

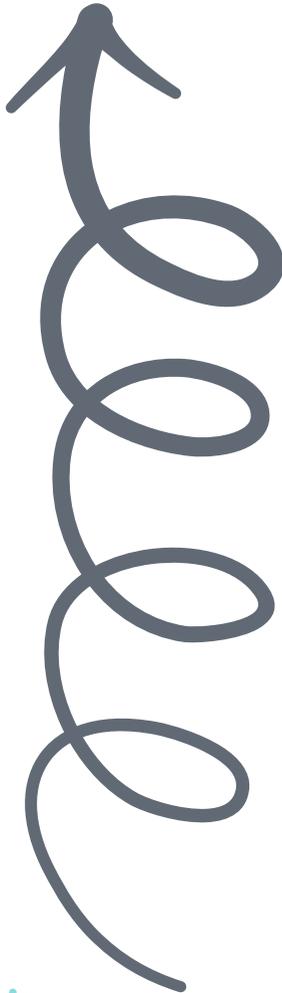
Seeing our thoughts and feelings written down can help make them feel less scary.

**What am I feeling?**

**What am I thinking?**

# stress spiral

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



argument  
with a friend

running late

homework

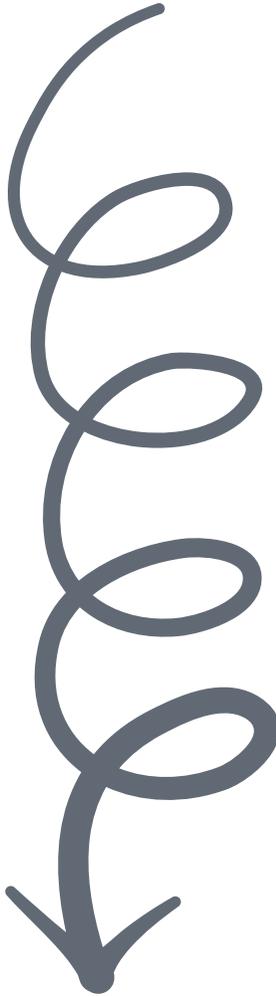
# unwind

Write out things that could help you unwind.

read my book

a walk

a break from  
my phone



# self compassion

**How can I be kind to myself today?**

**What will help me feel ok today?**



# 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

# body release

**This exercise will help you relieve stress by intentionally tensing and relaxing your body.**

- **Lie down or sit in a comfortable position with your eyes closed.**
- **Take a deep breath and tense your feet.**
- **Hold the tension for a few seconds then release it and exhale.**
- **Repeat this for your legs, stomach, chest, arms and hands, your face, then your whole body at once.**
- **Really focus in on the feeling of tension, then how it feels to let it go.**

# lion breathing

Breathe in for 5 seconds.

Hold your breath for 3 seconds.

Then explosively release your breath,  
making an 'aaarghh!' sound.

Repeat!





## 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**



**worried for  
your safety?**

**Access Mental Health  
1800 629 354**

**Lifeline  
13 11 14**

