

**For more
information,
scan below**

Feeling
Overwhelmed?
Try this Quick
Meditation



Strategies for
school and
doing homework



Attention Deficit
Hyperactivity
Disorder (ADHD)



**Write down 3 ways
you could use these
tips at home**

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If you need to speak to someone urgently,
please call Lifeline on 13 11 14 or Kids
helpline on 1800 55 1800

**You can also get help
via our online support
service at eheadspace.**



headspace Elsternwick - (03) 9076 7500

headspace Bentleigh - (03) 9076 7400



**Tips to help
keep you
organised at
home**



If you're struggling to stay organised at home, try these tips out!

1 Use checklists

How to do it

- ☐ Make a to-do list for today or the week
- ☐ Be specific so you know what to do
- ☐ Break big tasks into mini-tasks
- ☐ Check them off as you go

Benefits

Helps you stay organised and on top of tasks by breaking big tasks into easier steps! Checking off completed tasks gives you a sense of accomplishment.

2 Use a timer

How to do it

- ☐ Plan how much time you need
- ☐ Use a timer to stay on track
- ☐ Try 25 mins of work, then a 5-min break

Benefits

Using a timer helps you switch between tasks easily, stay in control and break tasks down to get them done!

3 Make a routine

How to do it

- ☐ Make visual routines for morning & night
- ☐ Use pictures for tasks like brushing teeth & packing bags
- ☐ Set regular wake-up, meal & bedtime schedules

Benefits

Routines help you to stay on track and plan your day to make decisions easier.

