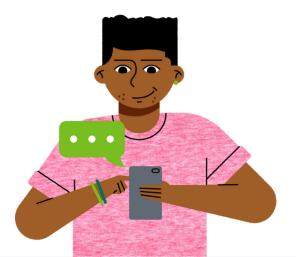
For more information, scan below

Feeling
Overwhelmed?
Try this Quick
Meditation



Attention Deficit Hyperactivity Disorder (ADHD)





Write down 3 situations where you could use these tips



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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 manage feelings around others



If you're struggling with social situations, try these tips out!

Mindfulness and Breathing Techniques

How to do it

Try following along to a quick breathing or meditation exercise

Scan the QR code on the back for a video guide

Benefits

Practicing mindfulness and breathing techniques helps you manage frustration, reduce stress, improve focus, and feel more positive in daily life.

2 Use positive self talk

How to do it

- ☐ Think positively about yourself
- ☐ Recognise your strengths
- Write down good thoughts like,
 "I'm doing my best" or
 "I can figure this out"

Benefits

Engage in positive self-talk to boost self-esteem, stay positive in tough situations, improve problem-solving, and stay motivated.



Set boundaries

How to do it

- Recognise uncomfortable behaviours
- Reach out to a trusted person for help if you're unsure what to do
- ☐ Use boundary phrases like:

 "I'm not comfortable with that"

 or "I need some time alone"

Benefits

Setting boundaries helps you know your limits, create a safe space, build supportive relationships, and reduce conflicts.