

**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!**

## **1** 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.



## **3** 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.