

march is headspace work and study month!

2023

monday	tuesday	wednesday	thursday	friday	saturday	sunday
<p>headspace Work and Study can help you get where you want to go with a range of support and advice.</p> <p> For tailored work and study support, contact your closest headspace centre or visit headspace.org.au/workandstudy</p>		<p>1 Think about your work and study goals! Start the month by writing out a list of work or study goals. It could be securing a part-time job or studying something you're interested in.</p>	<p>2 Explore new music Try listening to a new genre or a band you haven't heard before.</p>	<p>3 Give someone a hug. Hugs can help your body release oxytocin – also known as “the love hormone”.</p>	<p>4 Watch the sunrise! Get up extra early, find a peaceful place and watch the sunrise! Not a morning person? Watch the sunset instead!</p>	<p>5 Clean up Australia Day! Go for a walk and pick up any rubbish you see along the way.</p>
<p>6 Prepare your resume Make sure it's clean, clear and concise! For tips head to headspace.org.au Looking for more support? Get in touch with headspace work and study!</p>	<p>7 Schedule self-care! Activities like spending time with friends or playing sports will energise you, so if you have a study plan, make sure to include time for you.</p>	<p>8 Get involved Consider how you can connect with your community. You might like to join a club or volunteer.</p>	<p>9 Laugh! Did you know laughing can help improve your mental health?</p>	<p>10 “There is hope, even when your brain tells you there isn't.” – John Green</p>	<p>11 Be mindful Relax your breathing and notice: <i>How am I feeling right now?</i></p> 	<p>12 Treat yourself! Order some yummy takeout and watch a good movie. Make time for you today.</p>
<p>13 Keep active Aim to do a little bit of exercise each day. Struggling to stay motivated? Start with just 10 minutes and work up from there!</p>	<p>14 Go out and network Interested in a particular industry? Attend a networking event, lecture or career fair. You never know who you might meet.</p>	<p>15 Take notice Consider what energises you today.</p> 	<p>16 Practice job interviewing Set up a mock-interview with a friend or family member and have them ask you questions, like “What motivated you to apply for this job?”</p>	<p>17 It's St Patrick's Day! Wear something green to celebrate.</p>	<p>18 Connect with others Spend time with friends or family. This can be online, by phone or seeing someone in person.</p>	<p>19 Focus on the positive Before you go to sleep tonight, focus your thoughts on the positive and consider: “What am I looking forward to most tomorrow?”</p>
<p>20 Happy International Day of Happiness! Prioritise what makes you happy and spread joy to others around you.</p>	<p>21 It's Harmony Day! Over the past 70 years, more than seven and a half million migrants have made Australia home. Check out the headspace Strength in my Roots resources</p>	<p>22 “Self-care is how you take your power back ” – Lalah Delia</p>	<p>23 Get some quality zzz's! Good quality sleep can make a huge difference to your wellbeing. Unwind from the day and try to get an early rest.</p>	<p>24 Show kindness! Do something nice for someone in your life. Offering to take the bins out or making someone a cup of tea can show you appreciate them.</p>	<p>25 Tackle some life admin Set aside some time to do that nagging task you've been putting off! It might be setting up your tax file number or organising your space.</p>	<p>26 Take a break If you are feeling tired or overwhelmed, try to take a break and change your environment.</p>
<p>27 Connect with a Mentor! If you're between 18 and 25, headspace Career Mentoring will match you with a mentor that suits your experience and career goals.</p>	<p>28 Do something you enjoy This could be cooking your favourite meal, calling a friend or listening to music.</p>	<p>29 Make a study date! Get a group of friends together for a study session. Don't forget the snacks!</p> 	<p>30 Give yourself some tech-free time</p>	<p>31 It's International Transgender Day of Visibility!</p> 	<div style="border: 1px solid black; padding: 10px;">  <p>Sign up to our newsletter for news, tips and happenings in the world of mental health.</p> <p>For online resources and support, join eheadspace: headspace.org.au/eheadspace</p> </div>	



headspace acknowledges Aboriginal and Torres Strait Islander peoples as Australia's First People and Traditional Custodians. We value their cultures, identities, and continuing connection to country, waters, kin and community. We pay our respects to Elders past and present and are committed to making a positive contribution to the wellbeing of Aboriginal and Torres Strait Islander young people, by providing services that are welcoming, safe, culturally appropriate and inclusive.

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health.
headspace Beaudesert, Corio, Geelong, Hurstville, Ipswich, Meadowbrook, Miranda, Nundah, Townsville and Woolloongabba are led by Stride.



By **STRIDE** For better mental health