

# tips for a healthy headspace

Taking care of your mental health and wellbeing can help you to live your life in a positive and meaningful way.

Learn how you can work, study, feel connected to others, be involved in activities in our community and bounce back when life's changes and challenges come along.



## How can you improve your mental health?

There are lots of ways you can look after your mental health and wellbeing.



### Stay active

Find an activity you like to do. That way you're more likely to keep doing it. Whether it's going to the gym, kicking a ball around with a friend, or going for a walk. Start with small goals that are easy to achieve. Asking a friend to join you can help you stay on track.

Staying active can help you:

- sleep better
- manage your stress
- boost your mood.



## Connect with others

Spend time with family, friends, your mob, your pets and the people in your community. This can help strengthen your mental health and wellbeing.

You might meet people through:

- volunteer work
- hobbies
- sports
- clubs or committees.

Finding a safe online community can also help you feel connected and meet new people.



## Do things that matter to you

Keep doing the things you love and that matter to you, or reconnect with something you used to enjoy. This can help you to have fun and a sense of purpose. It can also boost your confidence and help you connect with others.

Some of the things you do might just be for fun, like reading or playing the guitar. Other things like work or study might also give you new skills and goals.



## Eat well

Eating well can improve your mood, energy levels, and your health and wellbeing. Try to eat nutritious foods and drink plenty of water. This gives your body and brain the power they need to work well. Planning what you are going to eat can help you make sure you nourish your body. Try to find ways to include nutritious foods that are the colours of the rainbow. This will mean you get a variety of vitamins and minerals. You can also make a home-cooked meal that fuels your body and makes you feel good.

Try not to use food as a way to cope with stress. For example, instead of eating lots of snacks when you're stressed, try to do an activity to relax.



## Get good quality sleep

Good quality sleep can give you more energy, help you concentrate, and support your mental health and wellbeing.

You may try to:

- turn off screens at least an hour before bedtime
- do a relaxation exercise – for example, meditation or listening to calming music
- have a bedtime routine.

You may try not to:

- drink caffeine at least 6 hours before you go to bed
- take long naps late in the day.



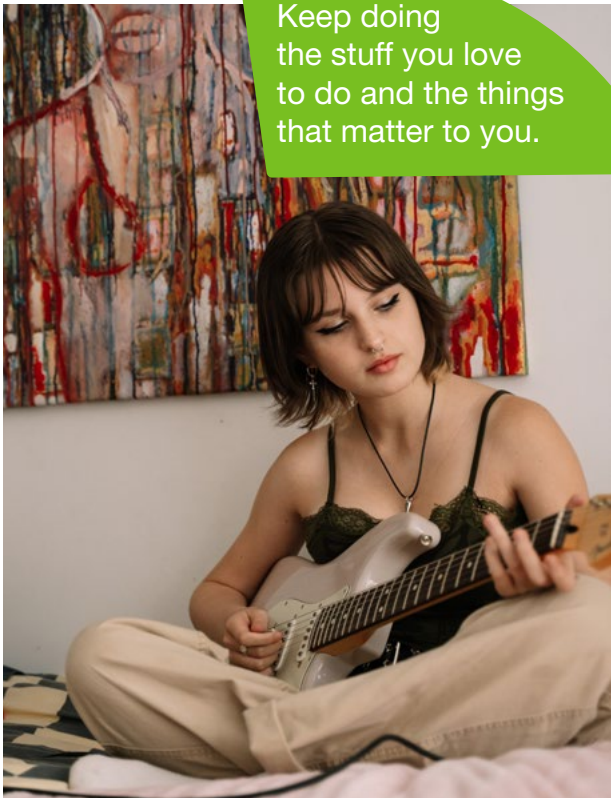


## Cut back on alcohol and other drugs

Cutting back on alcohol and other drugs can help you sleep better, feel better in your body, and support your mental health and wellbeing.

Alcohol and other drugs might make you feel good in the moment. But they can make you feel much worse over time.

Keep doing the stuff you love to do and the things that matter to you.



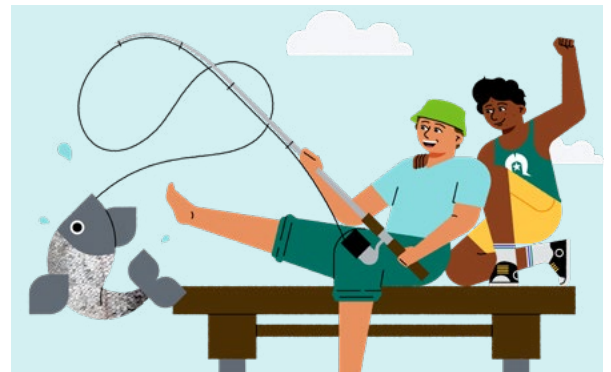
## How can you improve your mental health?

Take some time to think about how you deal with tough times. Some things you usually do might help, and some things might not.

You can learn different ways to support your mental health and wellbeing in tough times.

For example:

- express yourself through art, music or writing a journal
- spend time in nature
- write down the challenges you have faced and how you overcame them
- set some small goals and achieve them
- be kind to yourself
- meditate or do relaxation exercises.



## Getting support

If you or someone you know is going through a tough time, headspace can support you. You can visit our website for more tips about looking after your mental health and wellbeing.

[headspace.org.au](https://www.headspace.org.au)

If you need more support, you should reach out to someone you trust. This could be a friend, family member, teacher, Elder, counsellor or health service.

For online and phone support, or to find a headspace centre near you, visit [headspace.org.au](https://www.headspace.org.au).

If you are in danger right now, call 000.

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To talk to someone urgently, please call Lifeline on 13 11 14 or Suicide Call Back Service on 1300 659 467.