

# GOT A LOT GOING ON?

NO SHAME IN TALKING IT OUT



## STRESS AND PRESSURE

Stress can come from many things and cause all sorts of problems.



### STRESS CAN COME FROM

FEELING DISCONNECTED  
 RELATIONSHIPS MONEY  
 YOUR BODY JOBS SORRY BUSINESS  
 BULLYING GRIEF SCHOOL  
**UNIVERSITY** DRUGS AND ALCOHOL  
 COMMUNITY JUDGEMENT  
 TRYING TO MEET YOUR OWN EXPECTATIONS RACISM  
 RESPONSIBILITY TO FAMILY FIGHTING WITH FAMILY AND FRIENDS  
 DISCRIMINATION INTERGENERATIONAL TRAUMA  
 FAMILY EXPECTATIONS HAVING TO SUPPORT YOUR MOB  
 BRINGING HOME MONEY TO SUPPORT THE FAMILY WORK  
 DEALING WITH OTHER PEOPLE'S PROBLEMS

### STRESS CAN CAUSE

**BAD THOUGHTS**  
 FEELING SAD INSIDE FEELING LONELY  
 BLAMING YOURSELF FOR THINGS EVEN IF IT'S NOT YOUR FAULT  
 WANTING TO BE ALONE ALL THE TIME  
 STAYING AWAY FROM MOB  
 FEELING LIKE EVERYTHING IS A HASSLE  
 FAMILY CONFLICTS QUICK TO GET WILD  
**FEELING TIRED AND FED UP**  
 THINKING THE WORLD IS AGAINST YOU  
**FEELING LIKE NO ONE UNDERSTANDS**  
 BEING UNABLE TO THINK PROPERLY OR MAKE GOOD CHOICES

## BE A YOUNG LEADER

Find good ways to cope when feeling stressed out and show your mob that it's ok to yarn to someone when you have lots of stress and pressure. There's no shame in talking it out.



# WORRY ME NOT

Everyone has worries in their life but it becomes a problem when your worrying goes on for a long time. It's important to look after yourself so you can overcome your worries and feel strong in your mind, body, spirit and culture.



## SPIRITUAL

VISIT COUNTRY RIVER, BUSH OR SOMEWHERE PEACEFUL  
**RELAX AND CHILL**  
 SIT UNDER A TREE TO BE WITH NATURE

## MENTAL AND EMOTIONAL

WATCH MOVIES THAT MAKE YOU LAUGH  
**DRAW AND PAINT**  
 WRITE POEMS, SONG LYRICS OR THOUGHTS IN A DIARY

## FAMILY

YARN WITH YOUR MOB  
 CHILL WITH YOUR FRIENDS  
 STAY INVOLVED WITH FAMILY, FRIENDS, COMMUNITY MOB AND CULTURE

## PHYSICAL

**PRACTICE BREATHING AND RELAXATION EXERCISES**  
 LISTEN AND SING ALONG TO MUSIC  
 AVOID ALCOHOL AND DRUGS  
**TRY TO GET MORE SLEEP**  
 BE ACTIVE AND DO PHYSICAL ACTIVITY  
**EAT GOOD TUCKER**

Adapted from Menzies School of Health Research – Aboriginal and Islander Mental Health Initiative.

# LOOK AFTER YOURSELF

If you have noticed a change in yourself or a friend, it can be helpful to yarn with someone:



AGED 12-25?

## HOW HEADSPACE CAN HELP

**headspace** is your space to yarn safe. **headspace** can help you or a friend with any problems you have with; physical health, mental health and wellbeing, drugs and alcohol, work, school and study.

**headspace** has centres where you can yarn to someone face-to-face, or you can contact our online and telephone support service, **ehespace.org.au** or 1800 650 890. Remember, if you or a friend have a big worry and need urgent medical help, you need to call 000 straight away.

## FIND OUT MORE AT WWW.YARNSAFE.ORG.AU



**headspace** would like to acknowledge 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

