

stress and pressure

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



STRESS CAN COME FROM

MONEY PARTNER STUFF
YOUR BODY **JOBS** **SORRY BUSINESS**
 BRINGING HOME MONEY TO SUPPORT THE FAMILY **GRIEF** **SCHOOL** **WORRYING ABOUT THE FUTURE**
UNIVERSITY DRUGS AND ALCOHOL FRIENDS AND COMMUNITY
 MEETING YOUR OWN EXPECTATIONS
RESPONSIBILITY TO FAMILY FIGHTING WITH FAMILY AND FRIENDS
INTERGENERATIONAL TRAUMA
WORK HAVING TO SUPPORT YOUR MOB
BULLYING FAMILY EXPECTATIONS
 DEALING WITH OTHER PEOPLE'S PROBLEMS

STRESS CAN CAUSE

BAD THOUGHTS
 FEELING SAD INSIDE ALL THE TIME
 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 LONELY 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.

Make sure you follow any physical distancing advice if you are connecting with others or doing some of these activities.

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:



How headspace can help

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, or you can contact our online and telephone support

service, eheadspace.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.headspace.org.au/sewb



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