



1. get in to life



headspace

**what's one small thing
you can do to bring
a smile to your face?**



**what new skill would
you like to learn?
(e.g. music, drawing)**



**what do you love to do
with your family, friends
or community?**



**what did you used to do
for fun that you haven't
done in a while?**





2. learn skills for tough times



headspace

**when have you been better
able to handle tough times
than others?**



**do you ever try
breathing exercises
if you feel stressed?**



**have you ever kept
a journal to capture
stories and thoughts?**



**what's something
you're grateful for in
your life right now?**





3. create connections



headspace

**who do you turn to
for a chat when
you need it?**



**who do you appreciate
in your life and why?**



**how important is culture
to you? how do languages
connect you to your
community or country?**



**what do you love most
about your community
(e.g. family, school,
sport, faith)?**





4. eat well



headspace

**when do you find it
easier or harder
to eat well?**



**what helps you increase
your veggie intake? what
gets in the way?**



**do you grow any veggies
or fruits at home?**



**how does eating well
impact your wellbeing?**





5. **stay active**



headspace

**what do you like to do
to stay active?**



**if you could be a
professional athlete
for a day, what sport
would you do?**



**what do you do with
your friends or family
to keep active?**



**how has getting
active helped improve
your wellbeing?**





6. get enough sleep



headspace

**how do you relax at
the end of the day?**



**what do you do that
helps you get to sleep?**



**how has a regular
routine helped you
maintain good sleep?**



**what gets in the way of
a good night's sleep?**





7. cut back on alcohol and other drugs



headspace

**what's a fun activity
you could do with friends
instead of drinking?**



**if you've ever used alcohol
or other drugs, have
you noticed an impact on
your wellbeing after?**



**how do you stay safe
if you're drinking
or taking drugs?**



**what changes do you
notice about yourself when
you drink or take drugs?**

