

healthy headspace action plan

A What steps or activities are possible?
Which seem like fun? What would you like to try or change?
e.g. listen to music, write down my ideas, eat breakfast each day

B When will you do the activities? How often can you do them?
What is the best time for you to do the activities?
e.g. before bed, twice a week

C How will you know if the activities are working for you?
e.g. I'll laugh, I'll sleep, I'll feel more confident to handle tough times

- You could try these things to help make your changes stick:
- write it down
 - set a reminder
 - plan it with family or friends
 - take note of any benefits
 - think about why it's important to you.

F What tips could you try to help focus on study or work?

E Where can you get support?
e.g. ask a friend to join you, research online, borrow equipment

D What could get in your way?
e.g. I'm busy, I don't have equipment, I am not sure how

pause.
reflect.
reconnect.

When things start getting too much, press pause. Take a moment to do something that's just for you.

It can make a difference to your mental health.

Use this action plan to help set goals for when you need to pause, reflect and reconnect.

Pause, reflect and reconnect today. Visit headspace.org.au/reconnect

Further support

If you need to speak to someone urgently, please call:

Lifeline
13 11 14

Kids Helpline
1800 55 1800

pause. reflect. reconnect.

We have included a few ideas of our own to help get you started.

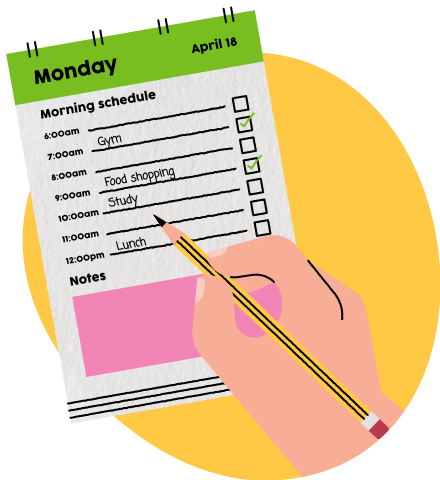
1. Get in to life

- Get outdoors - head to the park with your family or friends.
- Discover a new hobby – you could try arts or craft, reading, learning a new language. The sky's the limit!



2. Learn skills for tough times

- Try art as a way to express what you are feeling.
- Build a routine... plan your approach to your day.



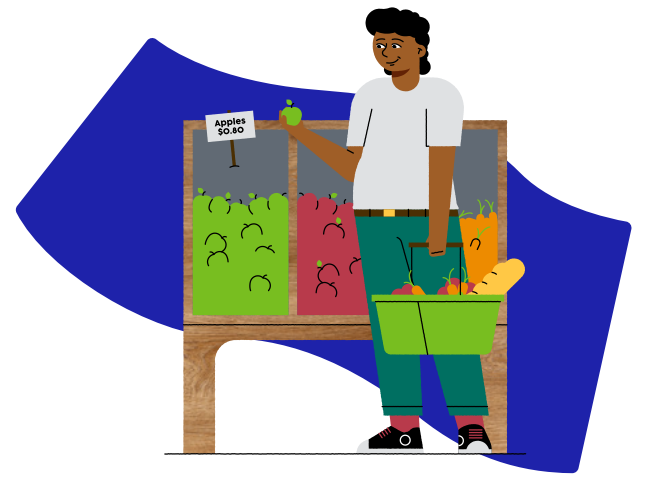
3. Create connections

- Find someone you trust that you can talk to about your feelings.
- Join a group – drama, music, sport – it doesn't matter what as long as you enjoy it.



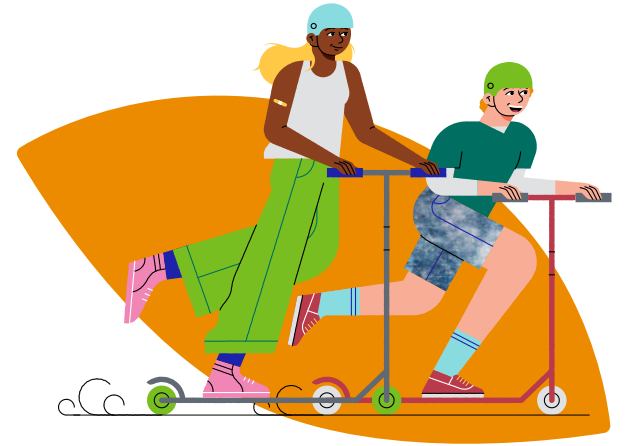
4. Eat well

- Try a whole meal without any processed foods.
- Get creative and make a nutritious meal with a friend.



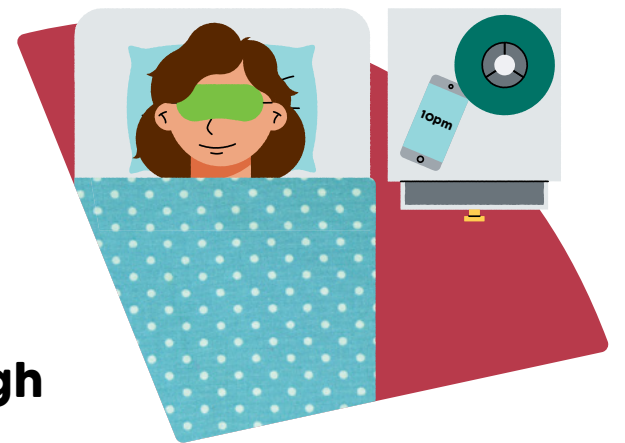
5. Stay active

- Add some physical activity to your daily commute or routine.
- Turn the music up and dance around your room.



6. Get enough sleep

- Take a break from screens before bed.
- Set an alarm and try to get up at the same time each day.



7. Cut back on alcohol and other drugs

- Stay busy with other activities at times you find it hard to say no.
- Make plans for early the next day to help keep you on track.

