



Newsletter October/November 2016

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THE FIRST National headspace Day took place on the 11th October 2016

Did you know that 1 in 4 young Australians will experience mental health challenges?

This may or may not be you. It could be someone close to you, such as a family member or a friend.

If you know a young person who is going through a tough time, headspace is here to help them.

National #headspaceday
<http://headspaceday.org.au/>

Mental Health Week 2016

Mental Health Week is a national event, held every October to coincide with World Mental Health Day (10 October). The aim of Mental Health Week is to promote social and emotional wellbeing to the community, encouraging people to maximise their health potential, enhancing the coping capacity of communities, families, individuals and increasing mental health recovery.

Some of our highlights from the week:

headspace Day and **Doors to Unity Showcase** at **headspace Meadowbrook**! On the 10th October, **headspace Meadowbrook** hosted a National **headspace** day party! There were performances, speakers, activities and a multicultural feast. Thank you to all that joined in the festivities! This event was also an opportunity to showcase our Doors to Unity artworks, which celebrate diversity in culture and language.



Positive Mindset Festival!

headspace Meadowbrook is proud to support the Positive Mindset Festival! Congratulations to all of the talented participants.



Wellness Riverwalk 2016!



As a part of Mental Health Week, **headspace Meadowbrook** also attended **Local School Expo's** including those at **Windaroo Valley State High School, Browns Plains State High School and Shailer Park State High School!**

Staff Profile:

Name: Annie

Position: Private Practitioner

Background: Occupational Therapist

How you keep your headspace healthy:

I love going for early morning walks and just walks in general even if it's just for 10 minutes. I find that taking my body for a walk (rather than my thoughts) and connecting to my breath helps me to come back to myself when I am overthinking and when life feels complicated. I also get to appreciate the wonder of nature around me and see that there is no issue that's greater than me. Other things that support me include sharing home-cooked dinners with my lovely housemates and family, being more honest in my relationships and letting people in.





Splash! Youth Space



Natalie Norris. She turned her 'cannots' into 'cans' and her dreams into plans, spreading smiles that is. Follow Natalie on [Instagram](#) and her [blog](#).

It all started September of 2015; I wanted to pursue a happier lifestyle after experiencing quite a few traumatic events. In 2012 when I was in primary school, my paternal grandmother passed away. Not long after this, my maternal grandmother who was suffering from dementia also passed away. I took this really hard and still can't comprehend it to this day. Later on, I eventually moved to another school and had a pretty rough start; as soon as I left my previous school, I started getting bullied at the new one. Some days, I would wake up not wanting to go to school at all. How can some be so cruel?

It was only about a month before I wrote this that my maternal grandfather took his own life. He's with grandma now. Try being a young teen like me, smack bang in the middle of assessment time in high school, and having this dark cloud over your head. The day after we found out, I decided to stay home from school as I really wouldn't have been able to cope. My best friend's mum who works at my school came around to our home and gave her condolences, and she suggested I go speak to my school's Youth Support Coordinator. I knew it would take a lot of guts, because I'm not someone who speaks up for herself. But this time, I did. I didn't want to go through the pain anymore and decided to speak to someone professional for guidance.

The Youth Support Coordinator, Scott, is probably one of the greatest guys I have ever met. He doesn't look down on me in a school environment as if he's the tough staff colleague and I'm the inferior student. He would sit down with me and have genuine conversations on what I was experiencing. Over time, I eventually opened up to him about my own suicidal thoughts. I would never act on them as I would never want my family to go through what they did over my grandfather, but they still exist in my head, and I just wanted to tell someone. He was completely understanding and accepted it.

I'll admit it, I'm still affected daily by the tragedies I faced; however, I'm willing to push myself to make others happy to the best of my ability. I set out thinking of ways to make others around me happy, and found the easiest way to do so was through social media. The beauty of social media is that just about anyone, anywhere, can view what you share. I started with a simple blog page. Using WordPress, I started typing out my raw emotions and daily happenings so people would get inspired to take on goals of their own. I soon realised a blog wasn't really my thing. Instead, I turned to Instagram; for me, it's a simple photo sharing platform where you are able to share your ideas about what's happening, and it's as easy as that! I still do keep the blog running, I just don't post on it all that much anymore. My movement has now taken shape on Instagram and I hope this following will continue to grow. @thepositivepath was made in an attempt to spread smiles and more positivity, as I myself see more negativity on the news today than I can bare. I have come across many supportive professionals and even young people who are willing to stand by one another and lend a hand. It's honestly so amazing to see such a wide community of people who are willing to support one another without judging.

I'm writing this article in awareness of mental health. I don't mean to ramble on about how poor my life once was; all I want people to know is that we all have different backgrounds and stories. Like they say, don't judge a book by its cover - you don't have a clue where that person has come from, or what they've experienced. People are able to share their own stories, daily happenings, or quotes with me on my Instagram page just by using #thepositivepath. I hope that even as just an averaged young girl from QLD, Australia, I can help make a difference to someone's life. Stay strong, keep smiling.

- Natalie





WE ARE TAKING SUBMISSIONS FOR OUR NEWSLETTER!



ARE YOU 12-25 YEARS OLD?
SUBMIT YOUR ARTICLE/ARTWORK/STORY/PHOTOGRAPHY/POETRY
TO SPLASH! YOUTH SPACE IN THE HEADSPACE
MEADOWBROOK MONTHLY NEWSLETTER

TO SUBMIT OR FOR MORE INFORMATION
CONTACT
ANNA.BENTON@HEADSPACEAFTERCARE.ORG.AU

#headspaceday 11 October

Access All Areas. Because every young person
should have access to mental health services.

50% of young Australians are waiting six
months or longer before seeking help

50%

50% said financial cost was a barrier
to seeking help

50%

45% believed they could not be helped.

45%

50% said they were afraid of what
others would think.

50%



headspace
National Youth Mental Health Foundation

www.headspaceday.org.au

Surviving School exams and stress

To help reduce stress and ensure that you're as organised as you can be, learn more about planning and looking after yourself and about staying focused in order to be as ready for the exam as you can be.

- Take the time to plan
- Look after yourself
- Rest when you need to
- Stay focused
- Ask for help
- Be prepared

Day of the exam

- Do your usual routine, for example, have what you normally eat for breakfast.
- Take some water and a healthy snack (if allowed) to the exam.

And finally...

If the stress is getting to you it will prevent you from studying effectively and confidently - so ask for help from [headspace](#), a counsellor, professional, or help line.

Other Website Resources

[thedesk](#) - aims to support Australian tertiary students to achieve mental and physical health and wellbeing. thedesk online resources will help people improve their wellbeing and be able to study more effectively. thedesk offers free access to online modules, tools, quizzes and advice.

[University of the Sunshine Coast](#) - Academic and study supports – successful learning strategies to get the most out of tertiary studies

[Macqueries University Study Tips](#)

[Open Colleges](#) - 10 study smart strategies

[The Royal Children's Hospital](#) - Studying with a chronic health condition /disability

[Australian Disability Clearing House on Education and Training](#) - Studying with disability – Autism

<https://headspace.org.au/young-people/surviving-school-exams-and-stress/>