

# GOT A LOT GOING ON?

NO SHAME IN TALKING IT OUT



headspace

National Youth Mental Health Foundation

## 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, **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.YARNSAFE.ORG.AU](http://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.

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