



**headspace**  
National Youth Mental Health Foundation



# let's chat...

## Small steps start big things

One great small step to look after your mental health and wellbeing is to connect with or talk to others. Talking with others about what's going on or sharing what you've been up to can help to look after your mental health and wellbeing.

### Here's some thought-starters for getting a conversation going.

- What activities have you been getting up to lately?
- What new skill would you like to learn? (e.g. music, drawing, cooking, a language)
- What do you love to do with your family and friends or community?
- What helps when you feel stressed? Have you tried a breathing or relaxation activity?
- Have you ever kept a journal to capture stories and thoughts? What was it like?
- What's something you're grateful for in your life right now?
- What inspires you when you think of your community (e.g. family, school, sport, faith)?
- Where do you like to hang out in your local community?
- What's your approach to study?



For more ideas and tools on how to look after your mental health and wellbeing go to: [headspace.org.au/smallsteps](https://headspace.org.au/smallsteps).

You'll find seven tips for a healthy headspace that can help you look after yourself.

