

LOOKING AFTER MY WELLBEING

Am I stressed or anxious? How can I tell?

Some signs that I may be having a difficult time and need support are:

- Changes in my sleep patterns or feeling tired
- Not enjoying things that I usually like
- Not wanting to spend time with friends or family
- Getting annoyed or frustrated
- Worrying about things and having thoughts that can be upsetting
- Feeling like I need to cry and not always knowing why
- Being physically run down or feeling unwell (for example, stomach pain or headaches)
- Not wanting to do anything



So what can I do?

Never fear, there are things I can do to look after myself:

- I can manage my stress in positive ways such as through exercise, relaxation, breathing, yoga, positive self-talk
- I can take time to be aware of my thinking habits and then challenge negative or unhelpful thoughts
- I should schedule 'time out' for myself— go and do something I enjoy, or start a new hobby
- Chat with friends or family. Play with my pet. Spend time making connections with those around me.
- I can learn and use breathing techniques, mindfulness or meditation to consciously relax my mind and body. I can practice mindfulness by focusing my awareness on the present moment. Apps such as 'Smiling Mind' and 'Calm' can help me with this.

Still need help?

I can reach out to:

- Kids Help Line: 1800 55 1800 for 24hr counselling or see their website for online chat for young people aged 5 to 25
- Youth Beyond Blue: 1300 22 4636 for mental health support
- Headspace: headspace.org.au provides support for young people aged 12—25 and their families to get support for emotional or mental health issues, including substance use issues

