

Your toolkit for a healthy headspace

check out our digital kit, visit headspace.org.au/tips

Further support

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

- Lifeline
13 11 14
- Kids Helpline
1800 55 1800

healthy headspace action plan

It can be hard to make a change, however creating a plan can help. You could explore making a change by using one of the seven tips (see over page) and use the questions below as a start.

A What 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? 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*

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

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

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