

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
YOUR BODY
BULLYING
UNIVERSITY
RESPONSIBILITY TO FAMILY
DISCRIMINATION
MONEY
JOBS
GRIEF
SCHOOL
DRUGS AND ALCOHOL
COMMUNITY JUDGEMENT
TRYING TO MEET YOUR OWN EXPECTATIONS
RACISM
FIGHTING WITH FAMILY AND FRIENDS
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
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



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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