

# small steps every day

Making big changes can be overwhelming. Focus on the small steps you can take every day — you'd be surprised at the difference it can have on your mental health. Use this Action Plan to set out some goals for the small steps you want to take.



take your first step today, visit [headspace.org.au/tips](https://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

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health.

## healthy headspace action plan

**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.

# small steps can make a big difference

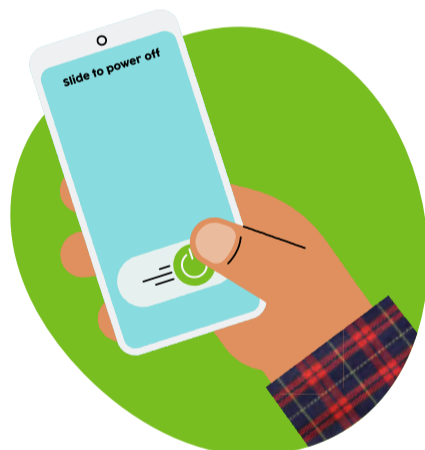
We have included  
a few of our own to  
get you started.

## 1. Get into life



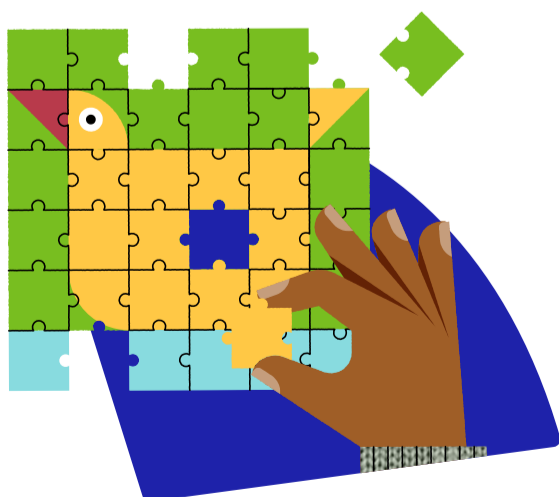
- Take 5 minutes to read something fun - a chapter of a book, a comic, or magazine.
- Feel the groove and let it show - listen to music that makes you smile.

## 2. Learn skills for tough times



- Something on your mind? It can help to write it down.
- Slow your breathing and take 20 deep, calming breaths.

## 3. Create connections



- Find someone you trust to talk about your feelings with.
- Spend time with your family playing a board game or doing a puzzle.

## 4. Eat well



- Try a whole meal without any processed foods.
- Get creative and make a nutritious meal with a friend.

## 5. Stay active



- Go for a walk to the park with your family and play a game of frisbee.
- Breathe and flex - take a moment to stretch your muscles.

## 6. Get enough sleep



- Set an alarm and try to get up at the same time each day.
- Practice a few minutes of deep breathing in bed before you drift off.

## 7. Cutting back on alcohol and other drugs



- Stay busy with other activities at times you find it hard to say no.
- Make plans for early the next day to help keep you on track.