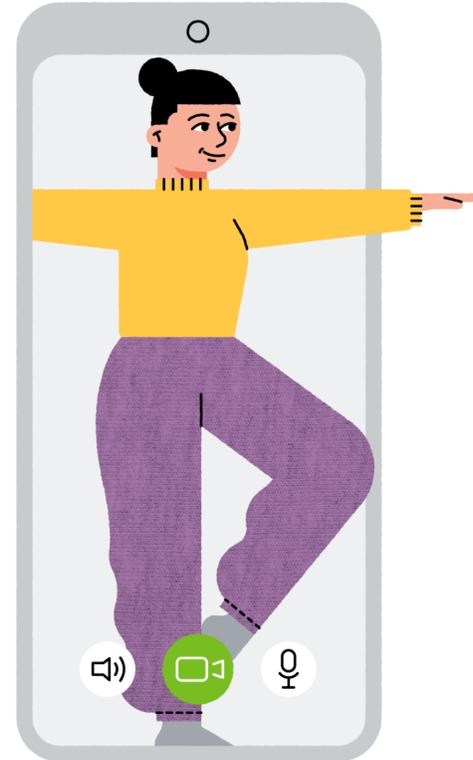


# seven tips for a healthy headspace

## get in to life

do stuff you love and stuff that matters to you

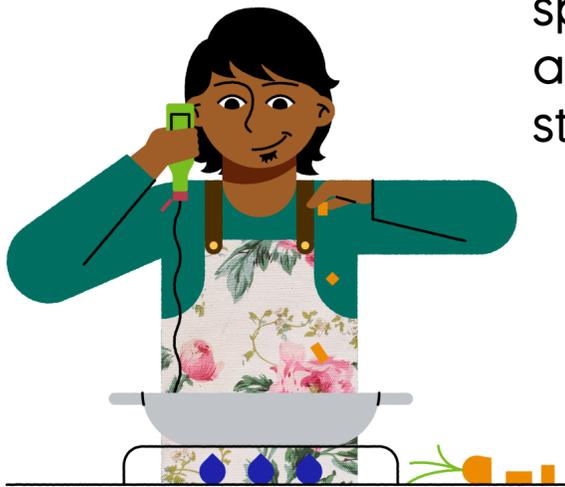


## learn skills for tough times

there are lots of different ideas to help you manage difficult thoughts and feelings.

## create connections

spend time with family and friends, and people in your community who strengthen your wellbeing.



## eat well

there is a strong link between the food you eat and how you feel..

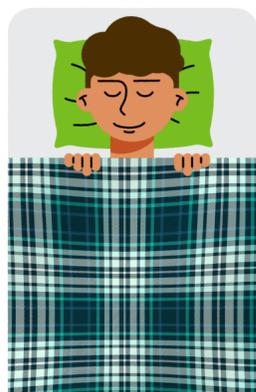
## stay active

staying active helps you sleep better, cope better and boosts your mood.



## get enough sleep

the right amount of sleep is good for your brain and your body, it helps with your mood and your resilience.



## cut back on alcohol and other drugs

they might feel like they help you cope but they affect your mental health and make you feel worse in the long run.