

# Keeping Well

We ask a lot of our minds and bodies. So, if you want to get the most out of life, you need to keep your mind and body healthy now and in the future.

## Ways to keep your mind and body working well:

- Eat well.
- Have enough sleep.
- Make time to exercise (a brisk walk or a ride on a bike are excellent, easy ways to exercise).
- Make time for fun or enjoyable activities.
- Find and practise ways to relax and manage stress that you enjoy (e.g. yoga, gym, meditation, painting, playing a musical instrument).
- Think well and speak to yourself helpfully – remember: you are unique and important.
- Challenge unhelpful thoughts and self-talk ('It's okay if I don't always get things right' is more helpful than 'I'm a total idiot').
- Recognise signs that you might be stressed or anxious or need a break (e.g. feeling irritable, not sleeping well, having difficulty concentrating).
- Look for the strengths in yourself (and others):
  - focus on all the amazing things you can do (just being you is pretty amazing!)
  - remember your abilities that you usually don't even notice (e.g. walking and talking and thinking and hearing music and tasting food)
  - stop focusing on the things that you might not like about yourself (many you cannot change, and most don't really matter as much as you think).
- Find people and organisations who can provide help if you or a friend need it.

Everyone goes through times when it seems really difficult to feel well and to find fun 'time outs' for your mind. But problems can creep up on you. Here are some signs that you or someone you know might not be coping well:

- Extreme moods (really up and down)
- Fighting with others
- Withdrawal from family and friends
- Using drugs or alcohol
- Changed eating habits
- Sleeping problems
- Feeling afraid, anxious or depressed
- Not enjoying things as much as you used to
- Feeling overwhelmed or defeated.



If you know someone who is struggling with problems, it is really important that they talk to someone. Trusted friends and adults, school counsellors, and your GP are all good places to start. You should also consider:

## WEBSITES

[www.youthbeyondblue.com](http://www.youthbeyondblue.com)  
[www.lifeline.org.au](http://www.lifeline.org.au)  
[www.sane.org](http://www.sane.org)  
[www.reachout.com](http://www.reachout.com)  
[www.headspace.org.au](http://www.headspace.org.au)  
[www.inspire.org.au](http://www.inspire.org.au)

## HELPLINES

Youthbeyondblue: 1300 22 4636  
Kids Helpline: 1800 55 1800  
Lifeline: 13 11 14  
Sane Australia: 1800 18 7263

## ONLINE COUNSELLING

[www.kidshelp.com.au](http://www.kidshelp.com.au)



# SENSEABILITY