

looking after your body

Have you ever wondered how you can look after your body? There are many factors that contribute to looking after your body such as exercise, sleep, technology usage, knowledge about sex, seeking help, and providing help for others. So if you're interested in these handy tips that support you and others, what are you waiting for?

need answers?
click on the shapes below

exercise

Moving your way to a healthy headspace,

sleep

Sleeping well for a healthy headspace

diet

headspace healthy eating tips!

How does **exercise** impact our health & well-being?

How important is **sleep** to one's well-being?

How can using **technology** impact my physical health & wellbeing?

How can my **diet** impact my physical and mental health?

technology

How does screen time affect me?

What is trolling and how do you respond to it?

sex

What the risks with sex?

What is contraception?

If you are experiencing mental health difficulties, it's important that you reach out to a trusted friend, family member, teacher or Elder to share what you are going through. Or you can get in touch with your local headspace centre or use our online or phone-based service at eheadspace.

For immediate help:
triple zero (000) if it is an emergency

Free National 24/7 crisis services:
Lifeline: 13 11 14 or lifeline.org.au
Suicide Call Back Service: 1300 659 467 or suicidecallbackservice.org.au
beyondblue: 1300 224 636 or beyondblue.org.au

Additional youth support services include:
headspace: visit headspace.org.au to find your nearest centre
eheadspace: 1800 650 890
Kids Helpline: 1800 55 1800 kidshelpline.com.au
ReachOut: reachout.com
SANE Australia: 1800 187 263 sane.org