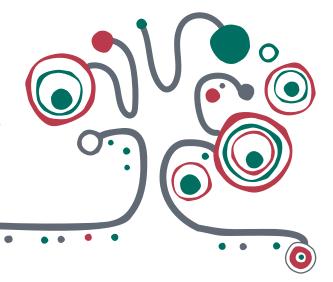




# stress and pressure

Stress can come from many things and cause all sorts of problems.



#### STRESS CAN COME FROM

MONEY COMMUNITY PARTNER STUFF JUDGEMENT

YOUR BODY JOBS SORRY BUSINESS
BRINGING HOME MONEY GRIEF SCHOOL WORRYING ABOUT TO SUPPORT THE FAMILY GRIEF SCHOOL THE FUTURE

UNIVERSITY DRUGS AND ALCOHOL
FRIENDS AND COMMUNITY

MEETING YOUR OWN EXPECTATIONS
RESPONSIBILITY TO FAMILY FIGHTING WITH FAMILY AND FRIENDS

INTERGENERATIONAL TRAUMA
WORK HAVING TO SUPPORT YOUR MOB

BULLYING FAMILY EXPECTATIONS

**DEALING WITH OTHER PEOPLE'S PROBLEMS** 

#### STRESS CAN CAUSE

### **BAD THOUGHTS**

FEELING SAD INSIDE ALL THE TIME
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 LONELY 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.

Make sure you follow any physical distancing advice if you are connecting with others or doing some of these activities.

Adapted from Menzies School of Health Research – Aboriginal and Islander Mental Health Initiative.



#### © 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 MORE PHYSICAL ACTIVITY
EAT GOOD TUCKER



## look after yourself

If you have noticed a change in yourself or a friend, it can be helpful to yarn with someone:



## How headspace can help

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, 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.headspace.org.au/sewb





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.