Mental wellbeing and you

Mental wellbeing is something we all have. Just like our physical health, it varies throughout our life – and just as with physical health, there are things we can do to protect and improve our mental wellbeing. If you're feeling stressed, overloaded, or just want to focus on looking after yourself, try out some of the tips below.

Struggling with negative thoughts?	Feeling a bit anxious?	Want to add in some positivity?
Don't believe everything your brain tells you. When you catch a negative thought, check in: is this true? Have I got all the facts right? Is there a more positive way of looking at this?	Develop a toolkit of calming thoughts and activities that you can use when you're feeling anxious or overwhelmed.	Practising gratitude is a great habit. Try listing 3 things each day that you're grateful for, or that made you feel positive.

Want to feel more connected?	Overwhelmed?	Feeling a bit flat?
Mindfulness meditation can be a great calming activity. Check out free apps like Smiling Mind, Calm or Stop, Breathe and Think.	Take things one step at a time. Break large tasks down into small achievable steps - and don't forget to take regular breaks!	Though it can be hard to make the time, physical activity is a great mood lifter. Try setting up a weekly exercise date with a friend.

Don't forget, if you or a friend are having a hard time, it's important to reach out and seek help.

Your parents, GP, school psychologist, Headspace and Jewish Care are all great resources.

In a crisis, call Kids Helpline on **1800 55 1800** or Lifeline on **13 11 14.**

JewishCare
My Community. My Choice.