

Negative
I can't deal with everyone being so negative!
I keep thinking of the worst outcomes!

Frustration
Why is everyone acting like this?
This is the worst timing for me!
Why aren't people taking this seriously?

Sadness
I feel disconnected
I have no motivation
I just feel down the world is like this.

Anger
This is unfair!

Fear
How will this affect me and my family?
This is going to impact my future and plans!
Someone I love is going to die.
How long is this going to go on for?
What if...

Boredom
There is nothing to do!
Everything I used to enjoy is no longer open
I have way too much time with my thoughts!

true feelings

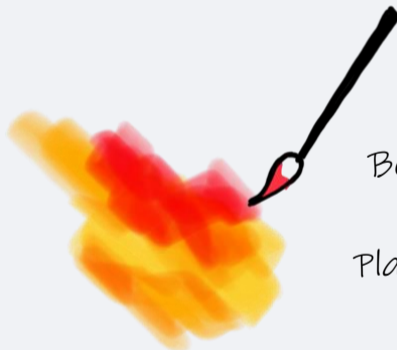


Take a moment

- Breathe
- Listen to music
- Go outside
- Read a book
- Think of a happy memory



i can do this.



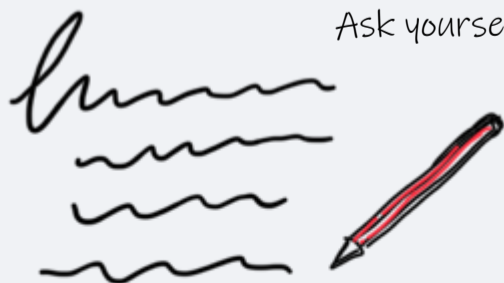
Express yourself

- Be creative - draw/ paint/ photograph
- Play music
- Chat to a friend
- Play a ball game
- Freestyle - rap/dance



Check in

- Write it down or Talk to a trusted adult
- Balance positive and negative thoughts
- Ask yourself - what am I feeling?
- Ask yourself - Is this thought helpful?



Fill your time

- Learn something new
- Set a goal and reward yourself
- Be around positive people
- Make a routine and stick to it
- And avoid alcohol and drugs

Reach Out

Kids helpline - 1800 55 1800
headspace - 1800 650 890

Beyond Blue 1300 22 4636
NT Mental Health 1800 682 288

OR chat online to: headspace.org.au or beyondblue.org.au

TWO TWO ONE
Mental health charity