

Support youth mental health on headspace day – WEDNESDAY 5 OCTOBER 2022

Let's get social - use the examples below to create your own posts

Remember to use **#headspacetips**

For organisations

[INSERT ORGANISATION] is proud to support headspace day – raising awareness of youth mental health. We encourage young people and their families to take time in their week to pause, reflect and reconnect to support their mental health and wellbeing. Find out what activities might be right for you, at headspace.org.au/reconnect. You'll find plenty of great #headspacetips and things to try.

For individuals

I know that taking some time to press pause and reconnect with something I love is good for my mental health and wellbeing. That's why I **[INSERT POSITIVE BEHAVIOUR]**, it helps me **[INSERT FEELING]**. Find out what activities might be right for you, at headspace.org.au/reconnect. You'll find plenty of great #headspacetips and things to try.

Behaviour ideas:

- walk/jog/run every day
- talk with a friend each week
- carry a notepad and jot down my thoughts
- switch off and watch a movie
- don't have my phone at the dinner table
- play with my pet.

Feelings:

- relax
- manage my anxiety
- feel less anxious
- feel connected to others
- feel like I have some control.

Image ideas to accompany your post:

- snap a photo of you, your family, friends or colleagues showing the ways you pause, reflect and reconnect
- show the view you have while you're on that walk, playing with your pet etc.
- download headspace day social media assets at headspace.org.au/reconnect/get-involved/.