

# get in to life

(to keep your headspace healthy)





*“Whenever I’m going through a difficult time, I know that doing things I enjoy – such as reading, listening to music, going out in nature – helps to lift my mood. It is a distraction from issues that may be weighing me down. It gives me a chance to get out of my own head for a while.”*

Alessandra, hY NRG member  
(headspace Youth National Reference Group)

Achieving small tasks and doing things you enjoy can boost your confidence and lift your mood – helping you keep a healthy headspace.

### The things you do and your mood

The activities you make time for have a big impact on your headspace. When you spend time doing things you enjoy (or used to enjoy), it can give you relief from hard times, and build some fun in your life. Likewise, when you set and achieve small tasks that are important to you (such as completing homework or giving back to your community) it can help to create a sense of accomplishment and meaning.

In a nutshell, doing ‘stuff’ matters. Yet, if you’re going through a difficult time, doing anything can seem like a lot of effort. And if you’re feeling low you may lose interest in things you once enjoyed.

So, what should you do? The key is to focus on doing – even if you don’t want to or feel like it. As you set and achieve even small tasks you will learn more about yourself, build confidence and improve your wellbeing.

Here’s how ‘doing stuff’ can help your headspace:

- give you a sense of achievement and purpose
- build your confidence
- lift your energy
- improve your motivation
- it can help get you out of a rut if you’re not feeling energised.

### Ask an expert: how can I do more stuff?

Here’s how our headspace experts suggest you get started:

- **Set small goals.** Setting and achieving goals builds confidence and self-worth. Think of a small task you want to do every day (maybe it’s making your bed, going for a 15 minute walk or calling a friend for a chat). It can be anything, the important thing is to set the goal and follow through.
- **Find activities you enjoy.** If you’re going through a hard time, you may not feel excited about doing anything. But think back – what did you used to enjoy? This can be a good place to start.
- **Make a schedule.** When you think of an activity, make time for it. Look ahead at your week and block out some time for the things that you enjoy.
- **Persist.** Find ways to follow through with your scheduled activity, even when you don’t feel like it. You may not feel like doing anything, so it might help to learn new ways to handle this.
- **Reflect.** Once you begin achieving your goals, take some time to reflect on how it makes you feel. Did you enjoy it? Did you feel a sense of accomplishment? If you did, that’s great. If not, that’s OK. You could try something else.
- **Be kind to yourself.** Maybe you try a new hobby that you’re not great at, but think of it as making time with yourself to learn and grow. Keep persisting and enjoy the journey of learning.

When you’re feeling low or stressed it’s important to put healthy habits in place – to give yourself a better chance of coping with life’s challenges.

Doing stuff and achieving little things every day is an important healthy habit, but it’s not the only one. Things like exercise, eating well, and spending time on your relationships are also important for good mental health.



**If you or someone you know is going through a tough time you can get help and support from headspace, your school or university wellbeing service or your local health provider. For more information, to find your nearest headspace centre, or for online and telephone support, visit [headspace.org.au](https://www.headspace.org.au)**



**If you need immediate assistance call 000 or to speak to someone urgently, please call Lifeline on 13 11 14 or Suicide Call Back Service on 1300 659 467.**

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# Tip 1. get in to life

## Doing 'stuff' matters, because it:

- gives me confidence
- gives me energy
- gives me motivation.

## How can I do more 'stuff'?

### I can:

- make a list of things I enjoy doing or things I want to do
- set goals that feel easy  
(I will go for a short walk with my friend)
- make a plan  
(I will go for a short walk with my friend on Saturday)
- stick with my plan  
(I will go for a short walk with my friend on Saturday even if it rains)
- think about how it made me feel  
(walking with my friend makes me feel calm)
- be kind to myself and give myself time to get better at new things.



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**Alessandra**

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Some things I enjoy doing are:

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This week I want to do:

Mon	Tues	Wed	Thu	Fri	Sat	Sun

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When I do things I enjoy, I feel: