

How do we look after our **MENTAL HEALTH** during change?

Stay Connected

Choose your support network and find different ways to stay connected with them.

Focus on you

During times of change can be the perfect moment to shake things up a little. Spend some time reflecting on things you've always wanted to try and if you feel up for it, give them a go.

Create structure

During change, our normal routine can get a bit janky. This can be great for a little while but it can also get a bit tedious and tiring. To help with this, try experimenting with a different routine that fits your new normal, whether it's waking up at the same time each morning or going for a walk at the end of each day.

Take charge

Leaving school can be the perfect opportunity for you to take charge of your mental health. A great place to start is by getting your own medicare card.