

small steps every day



Use small steps to bring some simple, healthy practices into your every day. Our calendar and stickers can help you plan the small steps you are going to take.

Take your first step today:
headspace.org.au/tips

		01	02	03	04	05
06	07	08 Tip slow your breathing and take 20 deep, calming breaths	09	10	11 Tip listen to music that makes you smile	12
13	14	15	16 Tip reach out to friends when you need support	17	18	19
20 Tip take a walk around the block with your family today	21	22	23	24	25	26 Tip take a break from screens for an hour before bed
27	28	29	30 Tip get your crunch on with nutritious snacks like nuts or fruit			

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