

*Where's
your*
HEAD AT?

Managing stress & overwhelm,
nurturing resilience, and
supporting others.

Know how you react to stress

We all have our own reactions to stress. Sometimes they're helpful; like cleaning the desk before we start work, calling someone and talking about how we're feeling, seeing a therapist regularly, or exercise.

But we also have destructive ones like eating too much or too little, micromanaging, getting upset at others, withdrawing or getting rude or passive aggressive..

It's a matter of being aware of what your stress reaction is, and knowing which ones are helpful or unhelpful. Have a think and write down your Stress Reactions.

Stress reactions that HELP:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Stress reactions that HURT:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

When you're feeling overwhelm...

Play your ACE

Three steps to managing big emotions in the moment.

1. ACKNOWLEDGE your thoughts & feelings.

Silently and kindly acknowledge whatever is showing up inside you, including thoughts, feelings, emotions, sensations, urges, etc.

"I'm noticing I'm feeling really overwhelmed right now."

2. COME BACK into your body.

Push your feet down into the floor, press your fingertips together, stretch out your body, fill your lungs with deep breathing.

3. ENGAGE in where you are and what you are doing.

Get a sense of where you are and refocus your attention on where you are and what's happening around you.

Notice 5 things you can see

Notice 4 things you can *hear*

Notice 3 things you can *feel*

Notice 2 things you can *smell*

Notice 1 *taste* in your mouth

Self-Care Assessment

Taking care of yourself - sometimes it feels like a full-time job. But it's the first step in cultivating a nourishing relationship with yourself, as well as building resilience against stress and adversity. The below assessment will help you recognise how self-care factors into your life and if there are areas that might need a little love...

When you are finished, look for patterns in your responses. Are you more active in some areas of self-care but ignore others? Are there items on the list that make you think, "I would never do that"? Listen to your inner responses, your internal dialogue about self-care and making yourself a priority. Take particular note of anything you would like to include more in your life.

Rate the following areas according to how well you think you are doing:

- 3 = I do this well (e.g., frequently)
- 2 = I do this OK (e.g., occasionally)
- 1 = I barely or rarely do this
- 0 = I never do this
- ? = This never occurred to me

Add up each section, and score out of 30. Scores below 15 indicate this area of your life might need a little love.

Work/Study Self-Care:

- Take a break during the work/study (e.g., lunch)
- Take time to connect with others
- Make quiet time to complete projects
- Identify projects or tasks that are exciting and rewarding
- Set limits around my time and availability
- Balance my workload to avoid overwhelm
- Give myself affirmations, recognise my wins (big & small)
- Engage in professional development activities to keep learning
- Ask for help and support when needed
- Take time off when sick

Health/Growth Self-Care:

- Eat regularly (e.g. breakfast, lunch, dinner)
- Eat healthily
- Drink water
- Exercise
- Get medical care when needed
- Get enough sleep
- Make time for self-reflection (journaling, meditation)
- Reflect on things I'm grateful for
- Let myself cry (when I need to let it out)
- Identify self-soothing activities, places & people that can ground me in times of emotional upheaval

/30

Relationships/Connection Self-Care:

- Schedule regular dates with my partner
- Make time to see friends
- Connect with my relatives
- Spend time with pets
- Stay in contact with faraway friends
- Make time to reply to texts, calls, emails
- Allow others to do things for me
- Ask for help when I need it
- Assert my needs and communicate clearly with others
- Get vulnerable, share a fear, hope or secret with someone I trust

/30

Leisure/Play Self-Care:

- Dance, swim, walk, run, play sports or do something fun & physical
- Try something for the first time
- Make time away from devices
- Read books for fun
- Spend time in nature
- Do something that I am not an expert in (or in charge of)
- Enjoy cultural experiences (e.g. go to an art gallery, watch a film)
- Re-read favourite books, re-watch favourite films
- Find things that make me laugh
- Write in a journal

/30

Looking out for your body.

- **Get moving.**
Exercise regularly, find something you enjoy.
- **Nourish your body.**
Eat healthy meals. Practice mindful eating.
- **Hydrate.**
Drink water. Lots of it.
- **Sleep well.**
Develop an optimal sleep schedule for you.
- **Be mindful of substance-use.**
Notice when you're looking for something to "take the edge off".

Looking out for your mind.

- **Accumulate positive emotions.**
Do stuff that makes you feel happy, energized, grateful. Make these regular parts of your life.
- **Build mastery.**
Find something you can work towards.
- **Cope ahead.**
What's the situation? What skills are required to face it? Imagine, rehearse and relax.
- **Take a pause.**
Take time out with relaxing activities.
- **Ask for help.**
When things get a bit too much, practice asking for help.

Looking out for your mates.

- **Take care of yourself** - if you are depleted, it will be difficult for you to support others.
- **Listen, listen, listen.**
Don't rush to fill the space or tell your story.
- **Validate their experience.**
Let them know their experience is valid and that their emotions are human.
- **Help them find their feelings.**
How is it they're feeling exactly? Help them get clear on it.
- **See how you can help.**
Ask what you can do for them, find resources, let them know about support that's available.
- **Let someone know.**
If you're really worried about someone's wellbeing, tell someone else for added support.

Find some Headspace...

We've partnered with global meditation and mindfulness leader, Headspace, to provide 3 months of free* access to Headspace's app to provide you with the necessary tools to manage stress and anxiety, and build mental resilience as we prepare to rebuild our Australian music and creative industries.



Try Headspace for 3 months using code: **SUPPORTACT**

WHO TO CALL

SUPPORT ACT WELLBEING HELPLINE: 1800 959 500

LIFELINE: 13 11 14

BEYOND BLUE: 1300 22 4636

SUICIDE CALL BACK SERVICE: 1300 659 467

MENSLINE AUS: 1300 78 99 78

**If you're concerned for your immediate safety or the safety of others,
don't wait, call 000.**