

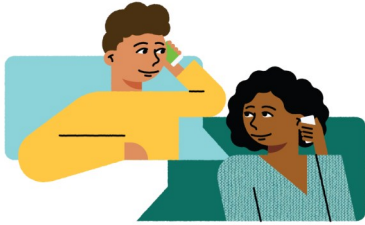
getting bored at home with physical distancing? missing people from school? can't go back to work yet?

try some of these a try.....



headspace

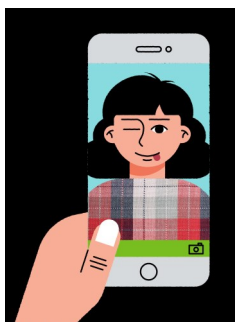
Goulburn



connect with family and friends digitally



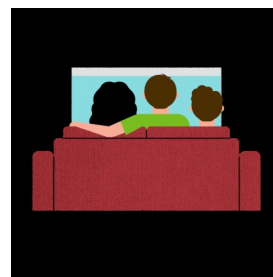
learn AUSLAN or another language



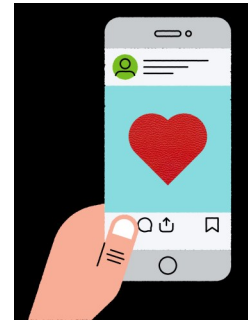
make some short clips or TikToks



pick up or learn a new instrument



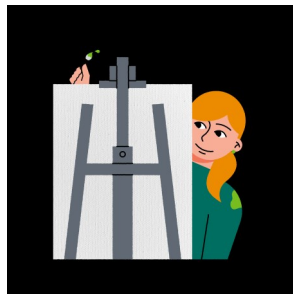
movie marathons or theme nights with family or digitally



support positive media, blog or create your own spaces account at headspace.org.au



declutter your wardrobe and rearrange your room

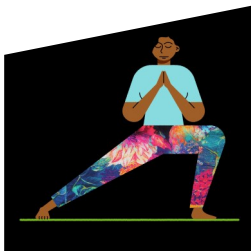


get creative, journal, paint, collage, write, dance, sing!

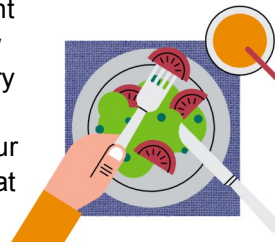


spend time with our furry friends and exercise

practice mindfulness, meditation, yoga and gratitude



experiment with new recipes, try cooking even if your not good at it



do an online course, YouTube tutorial or projects



for more information and support for COVID-19 contact Service NSW service.nsw.gov.au/covid-19 or 13 77 88 for 24/7 support and information.

when should I get help?

if you ever feel unable to cope due to feelings of overwhelming or intense fear and anxiety, negative thoughts that circle in your mind or a sense of loss and grief, these services can help you: In case of an emergency: 000

headspace.org.au/eheadspace

Kids helpline: 1800 551 800

Mental health line: 1800 011 511

Lifeline: 13 11 14