



COPING WITH ANXIETY, DEPRESSION OR OTHER WELLBEING WORRIES

Tips for the short-term

- Write a to do list each day –it can be really hard to get motivated –avoidance of tasks seems easier. If it is hard to do the first thing on the list, break it down to smaller tasks or chunks. They will eventually add up to a completed task or rewarding day.
- Talk to your friends and family – ask them to encourage you to participate in activities.
- Ring a helpline or chat line – there are some ideas below.

Tips for the long-term

- Schedule in some activities everyday – e.g. walking, attending study commitments, reading, listening to music, visiting friends. Notice how your energy and mood improves after participating in any activity.
- Get moving – try to go for a walk or do some exercise that will increase your heart rate – you may feel more energetic afterwards.
- Try not to listen to thoughts that are making you feel worse.
- Try not to 'beat yourself up' for feeling this way.
- Download an app to help you learn some strategies, iBobbly or Smiling Mind
- Spend time with others –try to engage in community groups or student groups.
- Look at your lifestyle - avoid alcohol and drugs, increase exercise, practice healthy eating.
- Learn some healthy sleep strategies – poor sleep or a change in sleeping patters usually occurs with a reduction in well being.

Any movement in the right direction is a good one – it doesn't matter how small. Remember, there are always options available.

Apps:

- iBobbly
- Calm Harm
- Finch: Self Care Widget Pet
- BeyondNow Suicide Safety

Links:

- Wellmob: <https://wellmob.org.au/>
- Headspace Yarn Safe: <https://headspace.org.au/yarn-safe/>
- Smiling Mind: <https://www.smilingmind.com.au/>
- 13 YARN: <https://www.13yarn.org.au/>



WOLLOTUKA WELLBEING

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