



Get Psych'd
youth psychology



6

ways to build a

Healthy Mindset



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Rest Up!

Sleep is really important for our health and wellbeing. It helps us feel energised, focused and motivated to tackle the tasks that we face each day.

But why do we need sleep?

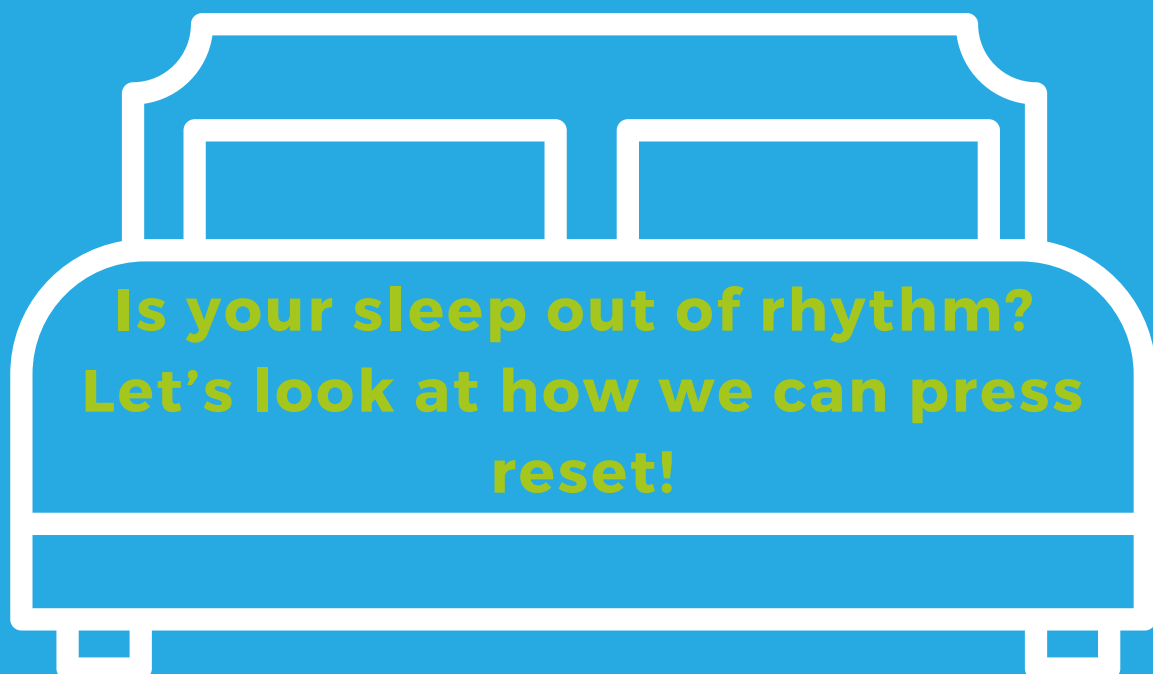
When we're asleep our body also performs important tasks to ensure that we can function at our best. These tasks that support us to sleep are sleep pressure and our body clock.

Sleep Pressure:

From the moment you first wake up in the morning, your body is preparing you for sleep. This sleep pressure gradually builds up throughout the day and increases the longer that we stay awake. Making it easier to fall asleep at night.

The Body Clock:

Did you know that our body is on about a 24-hour cycle? This is determined by our body detecting light and darkness or day and night. This is why our body can have difficulties adjusting to new time zones when travelling overseas.



Get regular:

A great way to train your body to get your sleep back on track is to go to bed and wake up at around the same time every day. Yes - even on weekends and days off! Keeping to a routine will get your sleep back in rhythm and give yourself the energy to get going.



Sleep when tired:

Only sleep when tired. If we spend too much time in bed when we're awake we can start to relate time in bed with being awake. To strengthen this connection between bed and sleep, limit your other activities in or on your bed.

No napping:

Try to avoid napping during the day so that you're tired at bedtime. Napping during the day may reduce your sleep pressure and make it difficult for you to get to sleep at your regular bedtime. If you can't make it through the day without a nap, keep it short (less than 30 minutes) and not after 2pm.



Avoid caffeine:

It is best if we avoid consuming caffeine (coffee, tea, energy drinks, soft drinks) at least 4-6 hours before bedtime. These drinks are stimulants and can make it difficult for us to get to sleep.

Tech-free zone:

Technology use can increase our alertness in the evenings. Our body produces melatonin naturally that increases in the evening to get us ready for sleep. The bright light and stimulation from some devices can make us less ready for sleep. This can delay our body clock over time with repeated use of technology before bedtime. Where possible it is best to limit the use of technology in the evening.



Location, Location:

It is important that the environment where you sleep is quiet and comfortable. Having a quiet, dark and uncluttered bedroom can assist with sleep. Having blinds and curtains can be useful to block out any light and a quiet space can minimise any sleep disruptions.

Move it!

We like to Move It! Keeping active can increase your energy levels, boost your mood and reduce stress. It can help move you back into a healthier mindset.

We understand that when you're feeling down it can be even harder to get out and get active. However, that can be when you most need it.

To get moving doesn't mean you have to go to the gym. Activities such as:

- playing sports
- walking the dog
- bike riding
- dancing

all get your body moving!





Can't get yourself going? Here's some tips to get the ball rolling.

Make it fun

You'll get the most out of any physical activity if you enjoy it. If you enjoy any activity, then you're more likely to want to do it rather than seeing it as a task or chore to be done.

So, make it fun, while getting the benefits that come from being active.

Plan ahead

Book it in. Putting together a plan can make physical activity a part of your routine. What will you do and when will you do it?

Being prepared and sticking to it can help you reach your goals.

Start small

Set yourself small goals that you're more likely to do and can be easily reached. The more small goals that you achieve, the more motivated you'll feel to set and achieve bigger goals. Start small, take small steps and build on your progress.

Monitor progress

Track the benefits that you see and feel from your increased physical activity. By monitoring your progress, you can start to see how "moving it" truly does increase your energy, boosts your mood and reduces stress.

Stick to it

Make it a priority. Physical activity can be the first thing to go when life gets busy or when you're feeling down. But being active can actually help you through the tough times. So, while you may feel unmotivated or not have the energy, sticking to it can help get you back on track.



Eat Well

Eating well gives us the fuel to keep our body moving. It also gives us the energy to be our best and improves our mood and overall wellbeing. You may notice that your mood can impact your appetite and food intake. Focusing on **fuelling your body with the good stuff** (fruit and vegetables) and **less of the bad stuff** (junk foods and sugary drinks) can ensure you have a head start to helping your body and mind function at its best.



Staying hydrated also helps us think clearly and concentrate. It's important to **drink plenty of water**, and avoid excessive use of sugary drinks, alcohol and caffeine.



Healthy Banana Muffins

Simple, healthy, and freezer friendly muffins to help you eat well!
(and the perfect study snack!)

Ingredients:

- 3 large overripe bananas, mashed
- 1 large egg
- 1/3 cup plain Greek yogurt
- 2 tablespoons canola oil
- 1/3 cup brown sugar
- 1/4 cup maple syrup
- 1 teaspoon vanilla extract
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 teaspoon ground cinnamon
- 1 1/2 cups white whole wheat flour
- 1 cup walnuts, chopped



Method:

1. Preheat the oven to 180 degrees
2. Line a 12-cup muffin tin with paper or foil liners
3. Mash bananas in a large bowl until mostly smooth. Whisk in the egg, and then the yogurt and oil. Whisk in the brown sugar, maple syrup, and vanilla. Sprinkle the baking soda, salt, and cinnamon over the top, stir. Gently stir in the flour and walnuts, until combined.
4. Scoop the mixture into the prepared muffin tin, filling each cup nearly to the top. Bake for 20 to 22 minutes.

Study Smarter



Study smarter, not harder!
Improve your studying with a study plan.

Have you ever spent hours cramming for an upcoming exam, but you weren't able to remember much?

Long study sessions can be counter-productive. Over time our concentration decreases, we start procrastinating, and we make less progress.

It's more effective to study for short amounts of time (25-30 minutes) with 5-minute brain breaks, and repeating this over a longer period of time.

It's all about being prepared and planning ahead.



Book it in

Write down your exam date(s) on a monthly calendar or in a planner.



Break it down

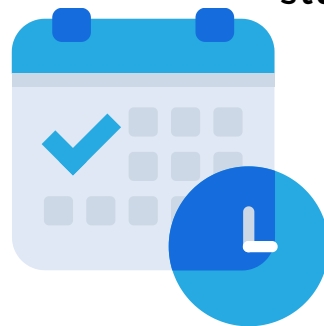
Work out what you need to be studying. Make a list of all the sub-topics that will be in the exam. Evaluate your current knowledge on these sub-topics. Plan to focus your study time on the topics you know the least.

Work backwards

Work backwards on your calendar to identify how many days you have to study. Assign days to study each sub-topic.



You're more likely to study if you make appointments with yourself and select a specific sub-topic to study. Write down your study dates in your calendar.



Stick to it

TIP: place a reminder in your phone to alert you when it's study time!

Resources

Think about what you need to study (pens, paper, books). Ensure you have what you need beforehand to avoid procrastinating during your planned study time.



Rewards

Set up rewards for yourself. Rewards can be motivating.



Having something enjoyable to do after your planned study time can encourage you to get it done.

create connections



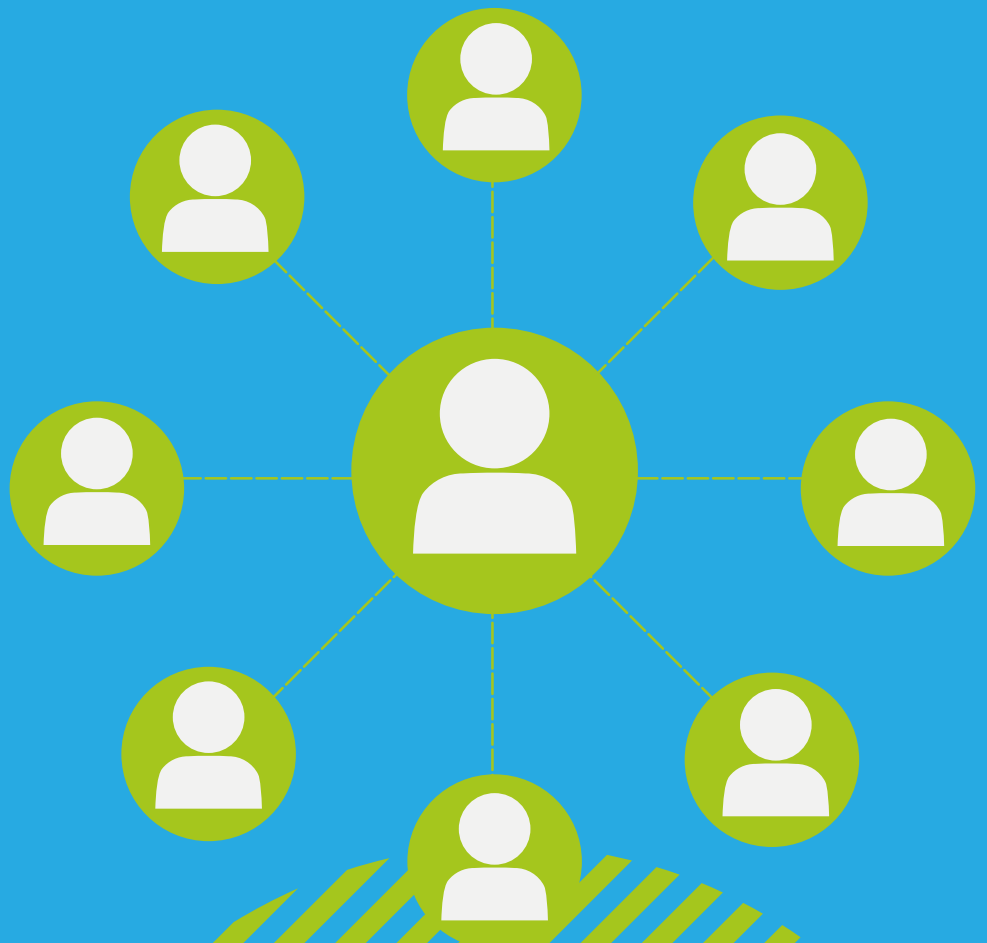
Feeling connected with friends and family helps to improve our mental health and wellbeing. Healthy relationships can lift us up and make us feel supported. It can also help us relax and have a sense of belonging.

We understand that relationships are not always easy.

Beginning new relationships can often be challenging.

If you're already struggling with your mental health, you may feel like switching off from others, rather than stepping out and connecting with friends.

If one-on-one activities seems too challenging, see what joint activities you can do where other friends and family members can join in.



**Check out some ideas below
to Create Connections**

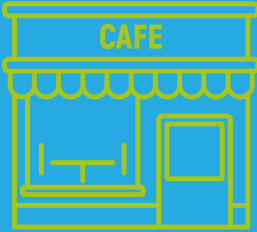
Going to a skatepark
or park



Playing sports



Going to a cafe for
a coffee or
meal



a coffee or
meal

Create
Connections

Feel
Supported

Play with or walk
(your furry friend)
the dog



(your furry friend)
the dog

Take a class
eg. yoga or
photography



Design or work on a
project



project

My Toolkit

We understand that even when we get the basics right, there will still be challenges in life. It's important to have the right tools to get you through the tough times. There are a lot of different strategies that can help you manage any difficult thoughts and feelings.

Get Psych'd has put together a range of self-help apps, websites, and resources to give you the tools to get you started.

[Click here](#) to start building your toolkit or visit getpsychd.com.au

If you or someone you know is going through a tough time, you can get help and support from **Get Psych'd**. For more information, give us a call on (03) 4416 3221 or visit getpsychd.com.au.



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