

Mental Health & Wellbeing

Work-Life Balance

Set boundaries between work and personal time. Take your breaks - they're your right. Don't overcommit to shifts. Make time for friends, family, hobbies, and rest.

Signs You May Need Support

Feeling overwhelmed or anxious regularly. Difficulty sleeping or changes in appetite. Losing interest in things you used to enjoy. Feeling isolated or withdrawing from others. It's okay to ask for help!

Self-Care Strategies

Physical: Regular exercise, healthy eating, enough sleep. Social: Stay connected with friends and family. Mental: Take breaks, practice mindfulness, limit social media. Emotional: Talk about your feelings, journal, seek support.

Support Services

Headspace: 1800 650 890 (youth mental health). Kids Helpline: 1800 55 1800 (24/7 counselling). Beyond Blue: 1300 22 4636. Lifeline: 13 11 14 (crisis support 24/7).

Key Takeaways:

- Your mental health is just as important as physical health
- It's okay to say no to extra shifts if you're overwhelmed
- Talk to someone you trust if you're struggling
- Free, confidential support is available 24/7