1. get in to life

Keep doing the stuff you love to do and the things that are important to you. It can help keep the fun in your life, give you a sense of accomplishment and purpose, boost your confidence and help to connect with others. Some of these things, such as drawing, fishing or playing the guitar, might just be for fun, but other things like work or study can give you new skills and might help to give you meaning. From reading to exploring somewhere new, there are lots of activity ideas that can help you get in to life.

2. learn skills for tough times

There are a lot of different strategies that can help you to manage difficult thoughts and feelings. Things like meditation, taking a digital detox, listening to music, spending time outdoors or writing things down are just a few ways that can help you handle challenging times. You could try out some meditation with a soothing playlist, or some guided deep breathing to help.

3. create connections

Feeling connected to others is an essential part of being human. Spending time with friends, family and people in your community can really strengthen your mental health and wellbeing. Planning a catch-up with friends, joining a club or committee, or participating in a team sport or safe online community can help you feel connected and meet new people. The digital conversation cards might inspire you to connect further with friends, family or people in your community.

4. eat well

When you think of improving your mental health, you may not always consider changing the food you eat. But there is a strong link between what we eat and how we feel. A poor diet can make you feel sluggish, low and increase symptoms of depression and anxiety. By staying hydrated and having a healthy diet, with a variety of fruits, vegetables, nuts and wholegrains, can actually improve mental health. You could try a new recipe from the digital recipe cards if you need an idea or two.

5. stay active

Staying active can help you to sleep better, manage stress and boost your mood. Find a way to keep active that you enjoy and incorporate this into your regular routine. Make time to take a break from study or work to do some exercise, whether it be going to the gym, kicking a ball around with a friend or just going for a walk. Whatever it is, start small, and make sure it’s something you enjoy. There are easy ways to get some extra movement in to your daily life.

Want to know more? Go to headspace
Lego Party and Lunch

**Wednesday 23rd and 30th September**

**12:00pm - 2:00pm**

It’s time to get together and have a Lego party! Join Brick4Kids as they host a super fun interactive party. You will participate in a number of Lego master style games to get creative these school holidays. We will send out a stack of Lego to your door as well as a yummy lunch for you to enjoy with the group after each workshop.

Young Carer Book Club

**TBC**

**11:00am - 12:00pm**

Escape into the world of reading and join other Young Carers who all share a love of reading. You will receive a book in the mail following confirmation, then meet us for the 1st session "Welcome to the club". This is a great time to get to know one another before meeting up again a few weeks later to discuss your thoughts and opinions on the holiday read.

For young carers 12 years and over.
Art Class and Lunch

Monday 21st September and 28th September
11:30am - 1:00pm

Be creative at home and join our online art class hosted by Paint for Fun. This art class will have you interacting with other young carers while learning new skills and creating a masterpiece. Following confirmation we will post out your art kit for you to keep. This will include everything you need to join the class. A delicious lunch will be delivered for you to enjoy with the group after each class.

Online Drumming and Dance Workshop

Friday 25th September and Friday 2nd October
3:00pm - 4:00pm

Come on a memorable musical and dance journey. Learn African Drumming with this online workshop hosted by African Drumming Company. Following confirmation we will post out a drum for you to use for the class and keep.

Interested? Follow the steps below:

You can now express your interest online at carersouth.org/youngcarer and fill out the form alternatively by calling the Events Registration Line on 9076 6644

Expressions of interest close Wednesday 9th September.
Alfred Health

Carer Services

carersouth.org.au/youngcarer