

### 1. get in to life





what's one small thing you can do to bring a smile to your face?



## what new skill would you like to learn?



what do you love to do with your family, friends or community?



what did you used to do for fun that you haven't done in a while?





## 2. learn skills for tough times





# when have you been better able to handle tough times than others?



#### do you ever try breathing exercises if you feel stressed?



have you ever kept a journal to capture stories and thoughts?



### what's something you're grateful for in







### 3. create connections





#### who do you turn to for a chat when you need it?



### who do you appreciate in your life and why?



how important is culture to you? how do languages connect you to your community or country?



what do you love most about your community (e.g. family, school, sport, faith)?











#### when do you find it easier or harder to eat well?



what helps you increase your veggie intake? what gets in the way?



### do you grow any veggies or fruits at home?



### how does eating well impact your wellbeing?





#### 5. stay active





## what do you like to do to stay active?



if you could be a professional athlete for a day, what sport would you do?



what do you do with your friends or family to keep active?



# how has getting active helped improve your wellbeing?





#### 6. get enough sleep





## how do you relax at the end of the day?



### what do you do that helps you get to sleep?



how has a regular routine helped you maintain good sleep?



## what gets in the way of a good night's sleep?





### 7. cut back on alcohol and other drugs





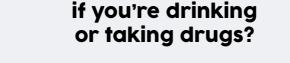
what's a fun activity
you could do with friends
instead of drinking?



if you've ever used alcohol or other drugs, have you noticed an impact on your wellbeing after?



### how do you stay safe if you're drinking



# what changes do you notice about yourself when

