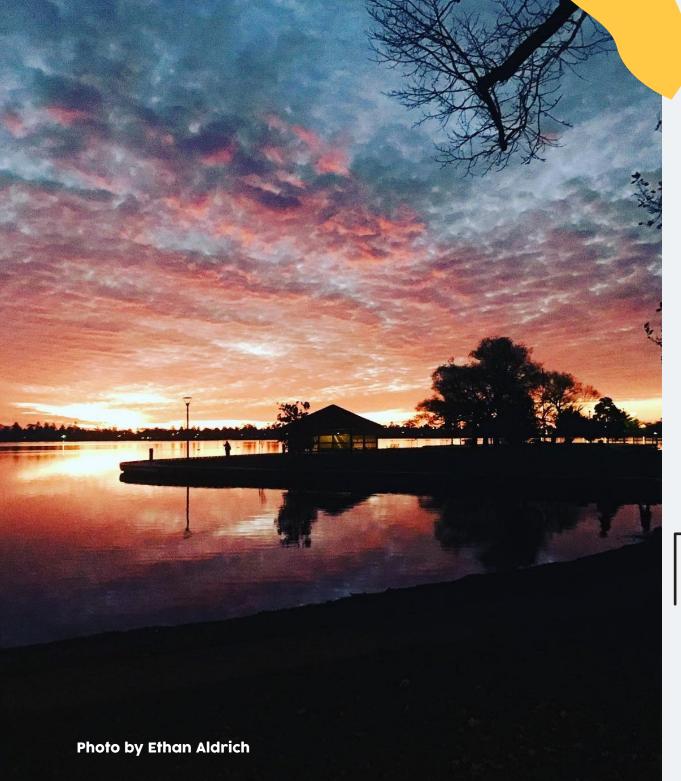
*"Nature*Selflessly feeding us
Our body, soul
The bees, trees
Working in harmony
An oasis, a retreat for our minds."
Words and photo by Maddi Rose

mental health & Barbar & Barba

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health



<u>january</u>

Lake Wendouree

"In Sunsets there's Magic"

by Ethan Aldrich

"Nature helps bring peace to my mind and soul, it reminds me that no matter how hard a day is, the sun will rise again in the morning."

Healthy Headspace Tip:

"Feeling connected to others is an essential part of being human. Connect with people you love at least once a week." - Julie Jammet, Clinical Psychologist



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						1	
						New Year's Day	
2	3	4	5	6	7	8	
9	10	11	12	13	14	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
			Australia Day				
30	31						



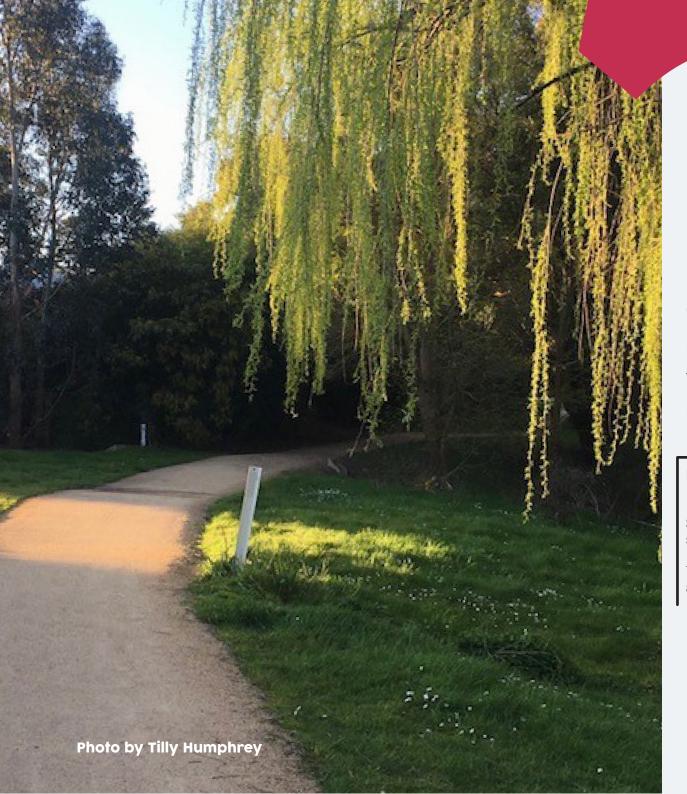
"When life becomes very stressful a walk through nature is everything I need to help clear my head to aid in finding inner peace."

february

In the grass "Laced With Love" by John Benney



Cuedeur	Monday	Tuesday			Friday	Caturday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					



march

De Soza Park, Buninyong "My Home Town" by Tilly Humphrey

"Being in nature helps me feel calm and gives me an escape from the rest of the world around me, it also makes me think more positively."

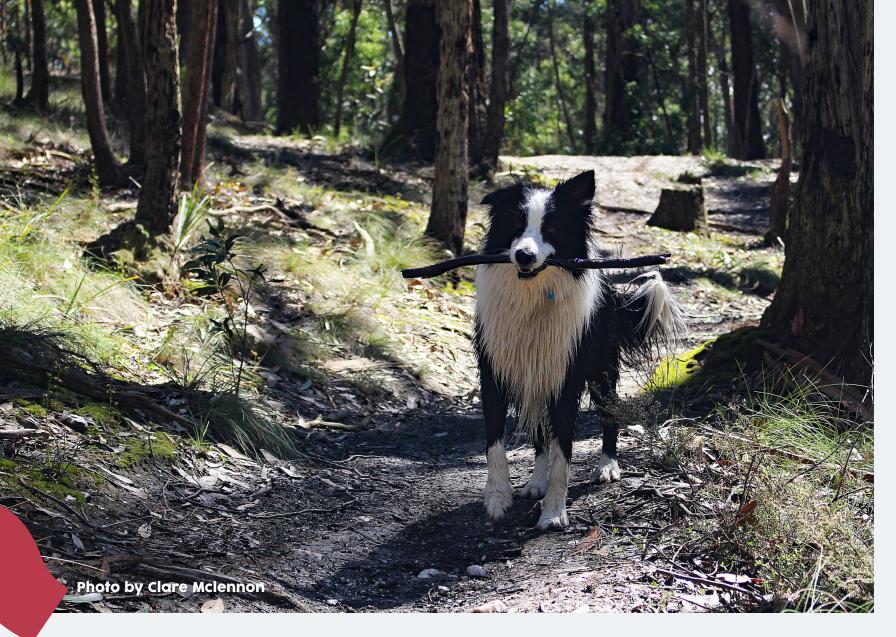
Healthy Headspace Tip: "Improve your mental health by changing what you eat.

Swap cocktails for festive mocktails – make your own mocktail using delicious seasonal summer fruit

Taco Tuesday? Make it a habit to cook something fresh and healthy at least once a week." - Carynda Harman, Customer Service Leader



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14 Labour Day	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



"There is nothing like a walk in the bush with your best mate, to escape the world and clear your head."



Nuggetty Dam, Nerrina "Stickin' With It" by Clare Mclennon



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
5	+	5	0	1	0	5
10	11	12	13	14	15	16
					Good Friday	Easter Saturday
17	18	19	20	21	22	23
Easter Sunday	Easter Monday					
24	25	26	27	28	29	30
	ANZAC Day					



may

Nimmons Bridge, Scarsdale "Under the Bridge" by Stella Ross

"I love being Outdoors in the Fresh air. Getting Exercise and taking in the views of Nature."

"Adopt the pace of Nature: her secret is patience" – Ralph Waldo Emerson

headspace

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



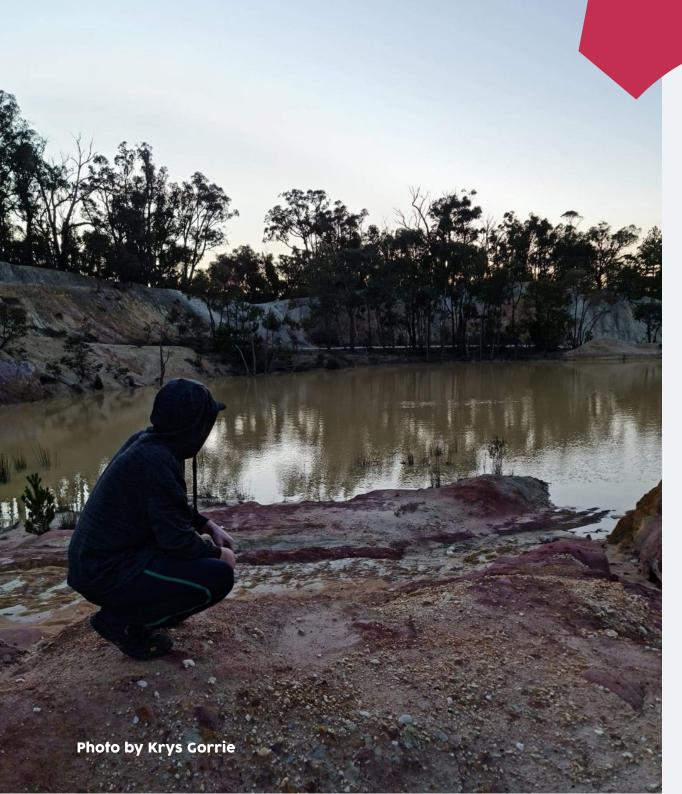
"I grew up reading and watching the Hobbit and The Lord of the **Rings**, which greatly encouraged me to find peace in going outside and having adventures. As I've grown up I've started to use the outdoors as an escape from stress and anxiety, which allows me to mentally and physically recharge."

headspace



Lake Wendouree, Ballarat "Cruisin' Round the Lake" by Rosie Hogg

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
World						
Environment Day						
12	13	14	15	16	17	18
	Queen's Birthday					
19	20	21	22	23	24	25
26	27	28	29	30		



july

Clay Pits, Creswick "Looking Out for Yourself" by Krys Gorrie

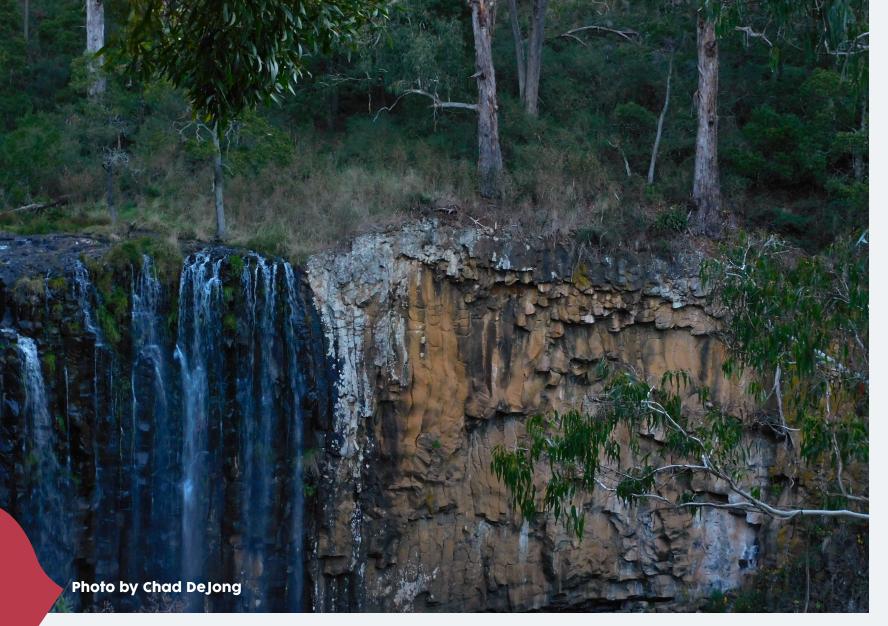
"When times get tough, don't forget about the people that have always been there for you."

Healthy Headspace Tip:

"Get into Life through Nature. Being in nature, gardening, tending to indoor plants or just looking at pictures of nature, reduces anger, fear, stress and increases your positive and calming feelings. Being in Nature not only makes you feel better emotionally, it contributes to your physical wellbeing, reducing blood pressure, heart rate, muscle tension and the production of stress hormones. Take a Nature Prescription and enjoy the benefits of your surroundings both physically and mentally." - Janelle Johnson, Clinical Psychologist

headspace

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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31					1	2
	3	4	5	6	7	8	9
	10	11	12	13	14	15	16
	17	18	19	20	21	22	23
	24	25	26	27	28	29	30



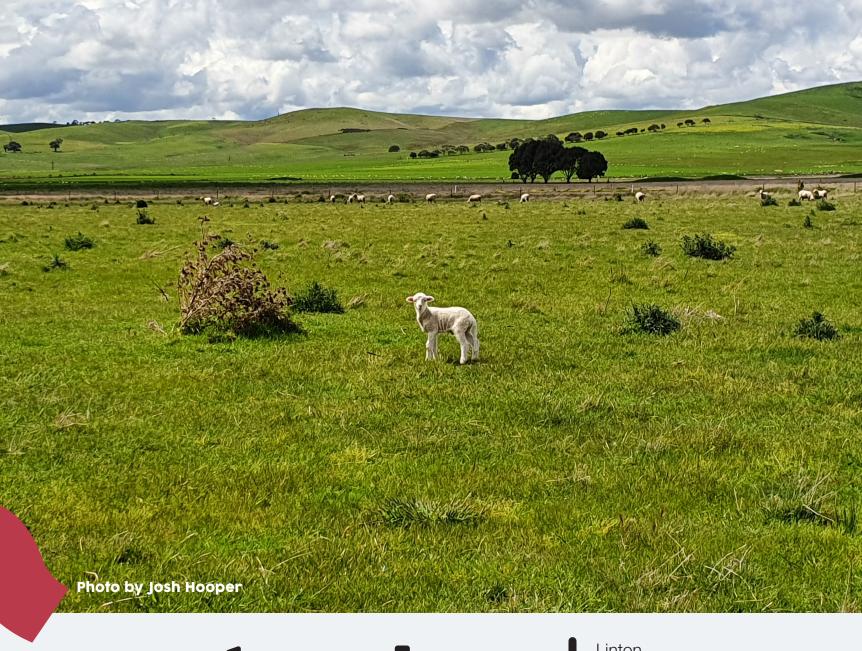
"I love the falls, the flowing water is calming for the mind and the scenery is great!"



Trentham Falls, Trentham "Tranquility by Trentham" by Chad Dejong



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Junuay	1	2	3	4	5	6
		L	5	-	5	U
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



"I love living in the country surrounded by animals and nature it helps me relax and has been good for my mental health during lockdowns and restrictions."

september

Linton

"Country Life" by Josh Hooper



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3
5	6	7	8	9	10
12	13	14	15	16	17
19	20	21	22	23	24
				Day before AFL Grand Final Day*	
26	27	28	29	30	
	5	5 6 12 13 19 20	5 6 7 12 13 14 19 20 21	Image: series of the series	Image: series of the series

Photo by Matt Hooper

october

Linton

"Big Tongue Pumpkin" by Matt Hooper

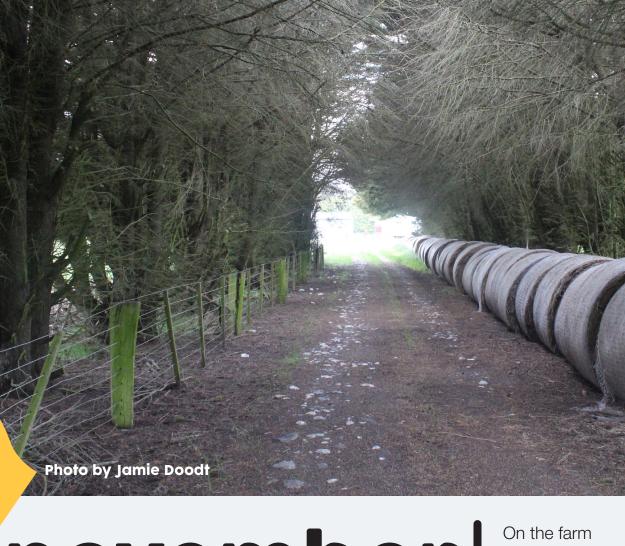
Healthy Headspace Tip:

"Next time things seem tough, slow down, take a breath, go for a walk in nature. Nature moves at a different pace. Be patient with yourself and the situation, allow nature to show you the secret of resilience that lies within, and with this, you will discover your own natural self-confidence and self-awareness."

- Sam Wills, Youth Vocational Specialist



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						Mental Health Week
2	3	4	5	6	7	8
			Headspace Day			
9	10	11	12	13	14	15
16	17	18	19	20	21	22
10	17	10	19	20	21	22
23	24	25	26	27	28	29
						_
30	31					



"Nothing makes me happier than making hay in the sunshine for a rainy day"

november

On the farm "All Stocked Up" by Jamie Doodt



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Melbourne				
		Cup Day				
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

"Being outside in nature positively effects my mental health as it allow me to focus on the now and to organise my ideas."

Words and photo by Anthony Kynoch

"Everyday you should go out into nature and see the simplest things like leaves, grass, and the sun and just take that moment to breathe. Just breathe." Words and photo by Henry Brennan "Nature helps you see a whole new perspective on everything, how little things make big changes and how everything works together. Flowers need storms and sunshine to grow, just like humans." Words and photo by Brydie Collins

december

Get Into Nature for Positive Mental Health



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		ľ		1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25 Christmas Day	26 Boxing Day	27 Christmas Day Public Holiday	28	29	30	31





Being different is being beautiful "Sunsets prove that no matter how different or how individual they are, they are still beautiful in their separate ways and manage to make people smile even on bad days." Words and photo by Riley Shaw













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