Keeping Strong   
Everyone deserves to live a life feeling happy, calm, and full of life. It can be helpful to think of your ‘mental wellbeing’ or ‘mental health’ like a bucket that needs to be regularly cared for. Use this sheet to identify what is happening for you, your own warning signs, and list your ways for keeping strong and looking after yourself.

1. Water pouring into your bucket:

What is tough at the moment for you?



2. Filling bucket:

What are changes or signs you notice in your mind or emotions? *(e.g., want to be alone, jumpy, no interest, bad or dark thoughts, can’t sleep, can’t focus)*



3. Letting out the water:

What can you do every day to look after your mind & emotions? *(e.g. getting involved in activities, time outside, talk about what’s going on, mindfulness, journaling, playing sport or music, eating good)*



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