

# HOW TO MOVE BEYOND FEELING RUBBISH



If you can't seem to shift feeling not great or you're feeling overwhelmed about life, take action. Here's some ideas to get you kick-started:

01

Talk to someone you trust, especially when things are tough.

02

Get moving. Exercise does great things to your body and mind.

03

Take a break — You don't need to solve every challenge today, so give yourself some downtime.

04

Get out and do something you enjoy with a friend.

05

If you've tried some of these things and still feel bad then talk to a professional for advice and support.