

Leaving school can be:



exciting



anxiety inducing



a relief



I'm not thinking
about it

all of the above and every other emotion &
thought & it's a rollercoaster



and this is all perfectly valid



No matter what path you take next, some common worries of school leavers include:

- Having to make new friends
- Figuring out new structures, rules, expectations, and new leadership teams
- Adulting:
 - managing finances and supports (Centrelink)
 - bills & subscriptions
 - making time & money for my fun stuff
- Taking charge of your physical and mental health
- Juggling work, study, family, and friends

Wondering if you made the right decision



Signs you may need support

You or others may notice changes in:

- mood
- behaviours
- relationships
- sleep
- appetite
- thinking patterns
 - noticing more unhelpful thoughts
- how you respond to emotions



feeling overwhelmed

So, what can you do?



Learn about your body
& mind

Connect with family,
friends & nature

Notice how you
experience stress

List your supports
& what matters
to you

Acknowledge when
you're in a tough
moment

Learn skills for
thoughts &
emotions

Connect with
professional services

Be kind to
yourself

Move your body in
ways that support
you