Sense of PURPOSE
Having things that you believe in and that matter to you helps to give your life purpose and meaning - even the simple things you do can be meaningful.

Sense of FUTURE
This helps you look forward with hope and optimism, and to believe that things will be okay even if times get tough now and again.

Sense of SELF-WORTH
You don’t have to be great at anything to have a healthy Sense of Self-worth. Just remember that you are unique: there is nobody else in the world like you!

Sense of CONTROL
There are some things in life that you simply can’t control - so it’s important to know you have skills to handle life’s ups and downs, and to keep your emotions in check when things get daunting.

Sense of BELONGING
Belonging means being connected to people, places, or beliefs; it also means feeling accepted and valued, and that your ideas and opinions matter.

Sense of HUMOUR
A healthy Sense of Humour helps you to see the lighter side of yourself, to have fun, and to cope with life’s ups and downs.
My music isn’t just music, it’s medicine.

Kanye West
Self-worth: You are special because you are you.
Life can only be understood backwards; but it must be lived forwards. Søren Kierkegaard
The Pyramid of Khufu at Giza holds a constant temperature of 20°C.
If all the world’s a stage,
where does the audience sit?
I like nonsense. It wakes up the brain cells. Dr. Seuss
The tongue is the only body muscle that is attached from one end only.
Life is relationships; the rest is just details.

Gary Smalley
Never forget: You are unique.
No one can make you feel inferior without your consent. Eleanor Roosevelt
Polar bears with white, fluffy fur actually have black skin.
Change is the law of life. And those who look only to the past or present are certain to miss the future.

John F. Kennedy
Your average adult has around 160,000 kilometres of blood vessels in their body, enough to circle the equator four times!
Life would be much easier if I had the source code.

Unknown
Be a good friend, listen!
Look, even bad years are pretty good years I think.

Robert Downey, Jr.
Think helpfully and challenge unhelpful thoughts.
Life is what you make of it. Always has been, always will be. Grandma Moses
Dolphins have to be conscious to breathe. This means that they cannot go into a full deep sleep.
Tell me, what is it you plan to do with your one wild and precious life?  
Mary Oliver
If something "goes without saying", why do people still say it?
The universe is transformation; our life is what our thoughts make it. Marcus Aurelius
The total combined weight of the world's ant population is heavier than the weight of the human population.
Look for your strengths.
The purpose of life is a life of purpose.
Robert Byrne
If you are feeling stressed, take a few deep breaths.
Future: Imagine the possibilities.
The future is completely open, and we are writing it moment to moment.  Pema Chödrön
Ask yourself: What’s important to me?
Experience is a wonderful thing. It helps you to recognise a mistake when you make it again.
Human fingernails grow nearly 4 times faster than toe nails.
I like dreams of the future better than the history of the past. — Thomas Jefferson
A snail can sleep for three years.
Plan to do some fun things.
What do we live for, if it is not to make life less difficult for each other? George Eliot
Earth is the only planet in our solar system not named after a pagan god.
A closed mouth gathers no feet.
There are people who can help you.
A prawn’s heart is in its head.
Nothing in life is to be feared.
It is only to be understood. Marie Curie.
Signs of problems ...

- Extreme moods
- Constant fighting with others
- Withdrawal from family and friends
- Using drugs or alcohol
- Changed eating habits
- Sleeping problems
- Feeling afraid, anxious or depressed
- Not enjoying things as much as you used to.

If you know someone who is struggling with problems ...

Many people experience times in their lives when things seem hopeless and the future looks tough or empty. In those situations, it can be very helpful to speak with someone. Friends, family, trusted adults, and medical professionals are good places to start. Some other helpful resources include:

WEBSITES
www.youthbeyondblue.com  
www.lifeline.org.au  
www.sane.org  
www.reachout.com  
www.headspace.org.au  
www.somazone.com.au  
www.inspire.org.au

HELPLINES
Youthbeyondblue: 1300 22 4636  
Kids Helpline: 1800 55 1800  
Lifeline: 13 11 14  
Sane Australia: 1800 18 7263

ONLINE COUNSELLING
www.kidshelp.com.au