

Express and Reflect:

A wellbeing toolkit for youth workers

Created to help youth workers support young people to manage their health and wellbeing following the Covid-19 pandemic

Scan to download



Connect:

Build strong relationships with friends, family, and the community.



Give back:

Volunteer and support others to create a sense of purpose.



Take care of your body:

Eat well, stay hydrated, get enough sleep, and make healthy choices.



Stay active:

Engage in sports, dance, or movement to improve mood and reduce stress.



Be present:

Practice mindfulness and self-awareness to manage emotions.



Keep learning:

Explore new skills and hobbies to build confidence.