

Self-care

Taking time out and prioritising self-care is a great way to feel refreshed and energised, especially during times of stress and worry.

Whether you add activities to your daily routine, or you commit to them once a week, it's important that you have a plan to purposefully take care of your mental health and wellbeing.

Self-Care Ideas



Chat with a friend



Smile



Breathe deep



Positive thinking



Take a bath



Cook a meal



Walk the dog



Take a nap



Meditate

Having a tough time? There is help.

OzHelp: 1300 694 357 (Mon-Fri, 9am - 5pm)

Lifeline: 13 11 14 (24/7)

Beyond Blue: 1300 22 4636

Kids Helpline: 1800 55 1800



1300 694 357



ozhelp.org.au