TAKING CARE OF YOU

Practicing self-care is important. Try these simple tips to relax, reduce stress and improve your mood & energy levels.

1. Plan and eat healthy, nutritious meals
2. Light a candle or diffuse essential oils
3. Listen to your favourite music or podcast
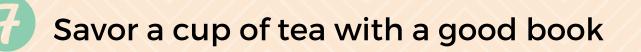4. Create someting or write in a journal
5. Go for a walk, breathe fresh air and feel the warmth of the sun
6. Watch uplifting TV & cuddle a pet
7. Savor a cup of tea with a good book
8. Take some deep breaths or meditate
9. Connect with a friend for a chat
10. Take a warm bath & a digital break from your phone and/ or computer

Ask for help and seek support:

- NSW Parent helpline
  1300 130 052
- NSW Mental healthline
  1800 011 511
- Beyond Blue
  1300 22 46 36