Gratitude & Mindfulness

Mindfulness links all self care actions. Recognise what we are grateful for, strategies to manage and when to seek

cc (c)

growth. Feel good about giving something back.

Social

Community

Exercise, Sleep & Diet

diet, physical health sets a foundation for wellbeing

Interests, hobbies & playfulness

Return to old interests, do your skills through studies. Rediscover playfulness through story telling, expression

Environment

Whether it's your home, office or another space, nurture an environment that allows you to feel safe and take time out when you need. Lighting, noise and physical elements should be

<u>`@</u>?

considered.

Set Limits

Say No! Know what you can do and what you can't. Set firm boundaries with boundary violators. Take time out, nurture good sleep and limit exposure to unhealthy environments.



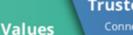
414

Ask for Help

Many people ask for help when they have hit their limit, are in crisis or feel out of control. Self care teaches us to acknowledge out limits but importantly, to ask for



Connect with people you care about. Prioritise time with people who love you. Laugh together, cry together but most importantly, be genuine together.



400

Values are the things that we define ourselves values you hold dear to you and how you can express them in healthy ways