

SELF-CARE PACK

Being mentally healthy and living well is important for every single one of us – whether we are living with a mental illness or not. Mental wellness is about enjoying life and living to our full potential. It's having the ability to cope with stresses, anxiety, fear and sadness. Self-Care is an activity we can all do to look after our mental, emotional, and physical health. In this time, we need to not just look after our physical needs but also our emotional needs. Take a look at some of our resources and take time to be still.

Beyond Blue Mind Quiz

A good way to monitor your mental health is to do a 'Mind Quiz'. Follow this link to complete the online Mind Quiz created by Beyond Blue.

https://www.beyondblue.org.au/who-does-it-affect/men/mind-quiz?fbclid=IwAR1j2pIcl2KCrHtp-P_aZm9_kL77MpYPasTWffn3XDvVCG70pnV4rHlnn6E

Routine

Setting a daily routine can be a helpful to keep you in a healthy rhythm of life. Check out some of the ideas below to give you a guide to how you can fill your day

MEDITATION + STILLNESS

MEDITATION INCREASES CALMNESS AND PHYSICAL RELAXATION WHICH HELPS IMPROVE PSYCHOLOGICAL BALANCE, ENHANCING YOUR OVERALL HEALTH AND WELL-BEING.

FIND YOURSELF A QUIET LOCATION WITH MINIMAL DISTRACTIONS. OUTSIDE IS PERFECT. TAKE TIME TO BE STILL. RELAX YOUR BODY AND FOCUS ON YOUR MIND, BRINGING IT TO REST. YOU MIGHT LIKE TO LISTEN TO CALM MUSIC WHILE FOCUSING ON NATURE.

HOBBIES

LET'S USE OUR TIME BY DOING THINGS WE LOVE TO DO. THIS MAY BE GARDENING, PLAYING A MUSICAL INSTRUMENT, CRAFT, WOODWORK, OR WHATEVER IT MAY BE. WHAT A GREAT WAY TO USE OUR TIME DEVELOPING OUR SKILLS AND DOING THINGS WE ENJOY. WHY NOT EVEN TRY SOMETHING NEW THAT YOU HAVE ALWAYS WANTED TO TRY!

LIMIT YOUR INTAKE

IN THIS TIME IT WOULD BE EASY FOR US TO INDULGE IN ALL OUR COMFORTABLE BEHAVIOURS. LET'S FIND WAYS TO LIMIT OUR USE OF SOCIAL MEDIA, ALCOHOL, T.V AND JUNK FOOD. LET INTENTIONALLY CHOOSE GOOD HABITS.

LET'S ALSO LIMIT OUR INTAKE OF NEWS. IT'S CHANGING BY THE HOUR AND WE CAN EASILY BE CONSUMED BY THIS, CREATING ADDED FEAR AND UNCERTAINTY IN OUR MIND.

RELATIONSHIPS

LET'S REMEMBER TO DRAW CLOSE TO PEOPLE IN THIS TIME OF ISOLATION. BE A RELATIONAL TOUCH POINT WITH YOUR FAMILY, CLOSE FRIENDS AND THE PEOPLE IN YOUR STREET. WE HAVE SO MANY WAYS TO COMMUNICATE THESE DAYS SO LET'S USE THE TECHNOLOGY WE HAVE IN OUR HANDS.

EXERCISE

EXERCISE RELEASES ENDORPHINS AND HAS BEEN SCIENTIFICALLY PROVEN TO IMPROVE YOUR MOOD. REGULAR EXERCISE REDUCES STRESS AND SYMPTOMS OF MENTAL HEALTH.

GRATITUDE

THERE ARE SO MANY THINGS TO BE GRATEFUL FOR RIGHT NOW! LET'S CREATE A POSTURE OF BEING GRATEFUL DAILY. LET'S SPEAK TO OTHERS WITH A SENSE OF GRATITUDE, IT'S REFRESHING! PERHAPS YOU ARE FINDING IT HARD? GRAB A NOTEPAD AND START WRITING DOWN THE SMALL THINGS.

SELF-CARE DAILY REFLECTIONS

TODAY I AM GRATEFUL FOR:

TODAY I WOULD LIKE TO ACHIEVE...

TODAY I FEEL:

THINGS I WOULD LIKE TO IMPROVE:

I AM WORRIED ABOUT?

END OF DAY REFLECTIONS

DAILY ROUTINE

8:00 AM GET OUT OF BED AND HAVE BREAKFAST

9:00 AM CREATE A MOMENT OF MEDITATION + STILLNESS (YOU COULD START BY FILLING OUT A DAILY REFLECTION SHEET)

10:00 AM MORNING TEA

10:30 AM DO SOMETHING YOU ENJOY. INVEST TIME INTO YOUR HOBBIES

12:00 PM LUNCH TIME

12:30 PM CALL SOMEONE YOU LOVE, CHECK IN AND SEE HOW THEY ARE

1:30 PM FREE TIME! (WATCH A MOVIE, T.V SHOW, CONTINUE WITH ANOTHER HOBBY, GROCERY SHOPPING, CLEANING AND OTHER HOUSE WORK)

3:00 PM EXERCISE (GO FOR A WALK, RUN, BIKE RIDE, GET ACTIVE IN SOME WAY)

4:00 PM READ OR ENGAGE IN A QUIET ACTIVITY

6:00 PM HAVE DINNER WITH YOUR FAMILY AROUND THE TABLE

7:00 PM PLAY A FAMILY BOARD GAME, WATCH A MOVIE TOGETHER - BE SURE TO GET TO BED AT A REASONABLE TIME

Communication

It's important to talk to people you trust regularly about how you are feeling, whether that is someone in your family or one of your friends. It's also important that you check in and look out for your family, friends and even your neighbours at this time. Even though we are physically isolated let's not be emotionally isolated as well.

Need Someone to talk to about how you are feeling? There are a number of helplines you can call who are ready to listen.

PEOPLE READY TO HELP

LIFELINE 13 11 14	BEYOND BLUE 1300 22 4636	1800 RESPECT 1800 737 732
HEADSPACE 1800 650 890	MINDSPOT 1800 61 44 34	
NATIONAL DEBIT HELPLINE 1800 007 007	KIDS HELPLINE 1800 55 1800	NATIONAL CORONAVIRUS HELPLINE 1800 202 080