My self-care menu

Small, simple ideas to choose from. Tick the ones you would like to try.

Self-care looks different for everyone. Start small: pick two or three ideas, and notice what helps.

Body

- [ ] Go to bed and wake up at a similar time
- [ ] Eat a regular meal or snack
- [ ] Drink a glass of water
- [ ] Go for a 10-minute walk
- [ ] Stretch or move gently
- [ ] Get outside in daylight

Mind

- [ ] Write down three thoughts or worries
- [ ] Read for 15 minutes
- [ ] Have a break from news and social media
- [ ] Listen to a podcast I enjoy
- [ ] Learn or practise something new
- [ ] Write three things I'm grateful for

Calm

- [ ] Slow my breathing for 2 minutes
- [ ] Have a warm shower or bath
- [ ] Listen to calming music
- [ ] Sit outside or in nature
- [ ] Try a grounding exercise (5-4-3-2-1)
- [ ] Colour, knit or do a puzzle

Connection

- [ ] Call or message a friend
- [ ] Share a meal with someone
- [ ] Spend time with a pet
- [ ] Ask someone for help
- [ ] Hug someone I trust
- [ ] Join a group or class

Joy and creativity

- [ ] Cook or bake something
- [ ] Garden or care for a plant
- [ ] Dance or sing along to music
- [ ] Draw, paint or write
- [ ] Watch something funny
- [ ] Plan something to look forward to

Practical

- [ ] Say no to one thing
- [ ] Tidy one small space
- [ ] Pay one bill or answer one email
- [ ] Write tomorrow's to-do list
- [ ] Set a boundary on work time
- [ ] Schedule rest in my diary

If you are in crisis, call 000 or Lifeline on 13 11 14 (24 hours). Kids Helpline 1800 55 1800.

My self-care plan

Fill this in when you are feeling okay. Keep it somewhere easy to find.



What drains my energy

People, places, situations or habits that leave me depleted

What restores me

Activities, people and places that help me feel more like myself

My early warning signs

How I notice I'm not coping: sleep, mood, thoughts, behaviour

My go-to self-care on hard days

Three small things from my menu that take 5 to 10 minutes

This week I will...

One or two realistic steps, and when I will do them

People and support I can reach out to

Friends, family, my GP, my psychologist, helplines

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