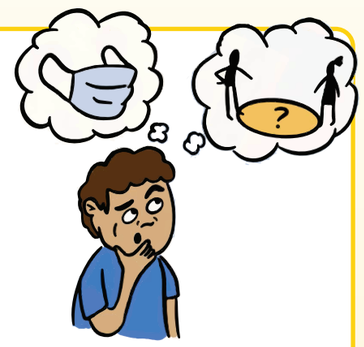
PRACTICING SELF-CARE

12 tips for looking after yourself our way.

BE PREPARED

Remind yourself of how important self-care is. Check in with yourself regularly, and ask others how you seem. Notice how you feel, and incorporate ways to look after yourself such as getting outside often, and connecting with others.



GET INTO A ROUTINE YOU ARE COMFORTABLE WITH

Take control of your life with a daily routine you can show up to. Remember to check in with yourself and adjust where needed. Ensure you check in with elders and friends as part of your routine to stay active within the community.

BE KIND TO YOURSELF & OTHERS

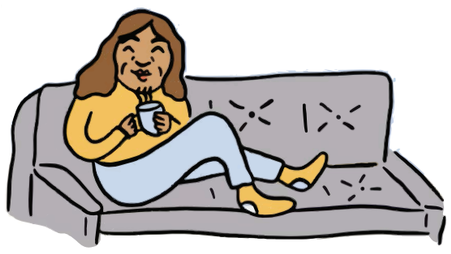
Be kind to yourself and others. Focus on self-care and doing things that make you feel good. This could be as simple as eating well, exercising and cutting back on smoking to protect your lungs.

YARN ABOUT YOUR EXPERIENCES & FEELINGS

It's good to yarn about your fears, worries and experiences with friends. It's also a good opportunity to check in with your household, family and kin. If you can't see them in person, call them and ask 'R U OK?'.

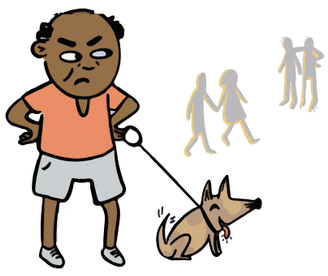
MOVE AT YOUR OWN PACE

The best form of self-care is moving at your own pace. Don't let others pressure you into doing things you don't want to do.



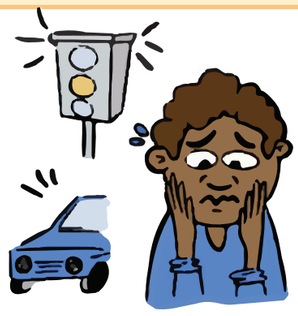
MANAGE FRUSTRATION

Looking after yourself includes letting go of any frustration towards others. It's not helpful to mull things over in your head.



BE PREPARED TO BE BUSY

Shops, traffic, transport and your workplace might feel like 'too much' at times. Look after yourself by being prepared to feel that way, and put self-care measures in place to help you cope.



CHALLENGE YOURSELF

Challenge yourself to try something new. Keep a diary of 'challenges overcome' if that makes you feel better and helps you build confidence.

YARN TO YOUR WORK

Speak to your manager about what you need in the workplace to feel supported, and how they can help you look after yourself.

TOUCH BASE WITH THE ELDERLY AND VULNERABLE PEOPLE

Check in regularly with elders and those who are vulnerable. Plan catch ups as often as you can. This could be as simple as getting outside and going for a walk.

LOOK AFTER YOUR FAMILY & CHILDREN

Now you're back at work, it's important to put in place new arrangements for those in your family who you may have been caring for at home. This will alleviate feelings of stress, and allow you to take better care of yourself.

RECONNECT WITH FRIENDS

It's natural to want to reconnect with your friends. Yarn about it and make plans to catch up regularly.

IF YOU NEED TO TALK TO SOMEONE

NACCHO	YARNING SAFENSTRONG	BEYOND BLUE	LIFELINE	KIDS HELPLINE	E-HEADSPACE	1800 RESPECT
Online list of Indigenous health services and contact details	24/7 free and confidential Victorian Aboriginal-operated counselling support	Free confidential chat with a mental health professional	Free, confidential 24-hour crisis support telephone service	Free, confidential support line for young people aged 5 to 25	Free, confidential online support for young people	Free, confidential 24/7 support for assault family violence and abuse
Google 'NACCHO'	1800 959 563	1300 224 636	13 11 14	1800 55 1800	Google 'e-headspace'	1800 737 732

If you need to talk to someone call 13YARN 13 YARN

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Aboriginal and Torres Strait Islander Leadership in Social and Emotional Wellbeing, Mental Health and Suicide Prevention