

BE KIND TO YOUR MIND

Take a trip to the Botanic Gardens or go on a hike

Do some deliberate slow looking. Make sure to bring a camera with you! Photography is a great way to slow down and appreciate all that nature has to offer.

Positively energising interactions

Plan a get together with your friends such as going to the movies, having a picnic, or hosting a game night.

Down time

It's important to rest our bodies and minds. Reading a book and listening to music are great ways to allow your body to recharge.

Reflection

Taking time to reflect on our experiences helps us to become aware of how we are feeling. Keeping a journal is a great way to establish consistent reflection.

Mindfulness

With the busyness of life we can often forget to check in with ourselves. Taking a moment to be present can help ground you in your daily life.

Reach out

Organisations like [Beyond Blue](#), [The Black Dog Institute](#), and [Mental Health Australia](#) have excellent resources to help you through tough times.

Visit a museum or gallery

Spend some time exploring a museum or gallery in your area to expand your perspective and enjoy the beautiful displays and exhibits.

Positive affirmations

Self-care affirmations help you create a positive mindset to carry you throughout your day. Reshaping the language around self-talk can drastically improve your mood and self-perception.

MOAD



Stay hydrated

Look for beauty in the world around you

Send someone a letter or postcard. It's definitely a lost art

Go for a walk, run, cycle around your local area or nearby nature trail

Listen to a whole album, find a new podcast or read a classic novel.

Take up a new hobby like drawing, crafting, gardening or baking!

Try making your own blend of tea

Practice gratitude towards yourself and others

Nourish your body with a nutritious meal

Find comfort in the ritual of making your favourite warm drink

Spend some time outside, practice being present and see what you notice

Shift the energy of a space by lighting a candle or incense, or adding a new plant or artwork to your living spaces

Simple Self-care Ideas