

# Stay ChatTY

## SELF-CARE MENU

**Creating a solid foundation of activities and habits benefits our health and wellbeing.**

Put a **'TICK'** next to the things you already do ... and celebrate!

Put a **'STAR'** next to the things you think could help. Consider how you could make them happen.

### PHYSICAL SELF-CARE

Eat regularly	<input type="checkbox"/>
Choose healthy food	<input type="checkbox"/>
Stay hydrated	<input type="checkbox"/>
Move your body	<input type="checkbox"/>
Join a sporting club	<input type="checkbox"/>
Get a GP check up every year	<input type="checkbox"/>
Rest when you are unwell	<input type="checkbox"/>
Get a full night's sleep	<input type="checkbox"/>
Make time for fun	<input type="checkbox"/>
Disconnect from your devices	<input type="checkbox"/>
Get a massage every few months	<input type="checkbox"/>

### EMOTIONAL SELF-CARE

Spend time with people who make you feel good	<input type="checkbox"/>
Make regular contact with the important people in your life	<input type="checkbox"/>
Celebrate your small wins daily	<input type="checkbox"/>
Talk kindly to yourself & forgive your mistakes	<input type="checkbox"/>
Allow yourself to feel your emotions	<input type="checkbox"/>
Make time to relax and unwind	<input type="checkbox"/>
Create a list of things that help you when you're struggling ( <i>activities, people &amp; places</i> )	<input type="checkbox"/>
Set goals and write them down	<input type="checkbox"/>
Make time for creative activities	<input type="checkbox"/>
Release built up energy/emotions through physical activity	<input type="checkbox"/>

### PSYCHOLOGICAL SELF-CARE

Make time to self-reflect ( <i>journaling or being in nature</i> )	<input type="checkbox"/>
Chat with a therapist or another mental health provider ( <i>see our 'Mental Health Service Provider' handouts</i> )	<input type="checkbox"/>
Read something you love	<input type="checkbox"/>
Learn a new skill or hobby	<input type="checkbox"/>
Volunteer in your community	<input type="checkbox"/>
Practice mindfulness ( <i>meditation and yoga</i> )	<input type="checkbox"/>
Check in on your thoughts, feelings and beliefs ( <i>are these helping or hurting you?</i> )	<input type="checkbox"/>
Spend time with animals	<input type="checkbox"/>
Find ways to laugh more	<input type="checkbox"/>
Be your own cheerleader ( <i>say kind things to yourself</i> )	<input type="checkbox"/>
Know when to say no	<input type="checkbox"/>

### PROFESSIONAL SELF-CARE

Take your lunchbreak away from your desk	<input type="checkbox"/>
Move your body at work ( <i>stretch and walk</i> )	<input type="checkbox"/>
Allocate time to work on bigger projects	<input type="checkbox"/>
Set goals ( <i>small and large</i> )	<input type="checkbox"/>
Create healthy professional boundaries ( <i>with yourself, clients/customers and colleagues</i> )	<input type="checkbox"/>
Spread out demanding tasks over your week	<input type="checkbox"/>
Make your workspace comfortable and comforting	<input type="checkbox"/>
Chat with co-workers and build rapport	<input type="checkbox"/>
Make sure your management team know what you need to do your job well	<input type="checkbox"/>
Create a peer support network	<input type="checkbox"/>
Seek professional development	<input type="checkbox"/>
Access support when you need it ( <i>Employee Assistance Program</i> )	<input type="checkbox"/>

**DISCLAIMER:** These are just tips and tricks to promote self-care. They are not a substitute for specific medical advice.



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