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 (breakfast, lunch and dinner) ☐
- Sleep at least 7 hours each night ☐
- Exercise for 30minutes each day (walking, yoga, playing a sport) ☐
- Drink plenty of water (2-3L a day) ☐
- Play a video game ☐
- Give yourself a break from technology (at least one hour) ☐
- Read ☐
- Play with your pet ☐
- Cook ☐
- Rest when you are unwell ☐

EMOTIONAL SELF-CARE

- Spend time with people who make you feel good ☐
- Allow yourself to cry ☐
- Express how you feel to someone you trust ☐
- Watch your favourite movie or tv show ☐
- Ring a friend ☐
- Create a list of things that help you when you are struggling (activities, people and places) ☐
- Learn to say no ☐
- Dance to your favourite upbeat song ☐
- Ask for help ☐
- Listen to music ☐
- Spend time with your loved ones ☐

PSYCHOLOGICAL SELF-CARE

- Make time for reflection ☐
- Write in a journal ☐
- Practice mindfulness ☐
- Set goals ☐
- Volunteer ☐
- Find time to relax each day ☐
- Spend time in nature ☐
- Do something kind for someone ☐
- Buy something nice for yourself ☐
- Remind yourself of what you're grateful for ☐
- Talk to a mental health professional ☐

STUDY AND WORK SELF-CARE

- Change out of your pyjamas each morning ☐
- Set up a dedicated workspace ☐
- Develop a routine ☐
- Limit distractions ☐
- Take a break from your computer screen every hour ☐
- Stay positive ☐
- Maintain your social relationships ☐
- Take a lunch break, don't eat at your desk ☐
- Do an activity you love at the end of each day to relax and unwind ☐
- Ask for help ☐

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

SPEAK UP! Stay ChatTY
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