

DEADLY TIPS TO STRESS LESS

MAKE TIME FOR YOURSELF

SAFE SUPERVISION

HAVE THE COURAGE TO BE IMPERFECT

GET ACTIVE GO OUTSIDE

- > GET SOME FRESH AIR
- > GO FOR A WALK
- > KICK THE FOOTY

GET THE FAMILY TOGETHER AND HAVE A GAME OF TOUCH

GO AND SIT BY

- > THE RIVER
- > WATERHOLE
- > OR THE OCEAN

Take time to think

HAVE A YARN

TALK ABOUT IT

LIGHT A CANDLE, HAVE A BUBBLE BATH

CLOSE YOUR EYES

YOUR MESSAGE HERE

FOCUS ON YOUR BREATH

BE PROUD OF YOURSELF

- > WHO YOU ARE
- > WHERE YOU'RE FROM

SHARE

SOMETHING THAT MAKES YOU LAUGH

SPEND TIME WITH ELDERLY

SHARE STORIES

SPEND TIME WITH PEOPLE YOU LOVE

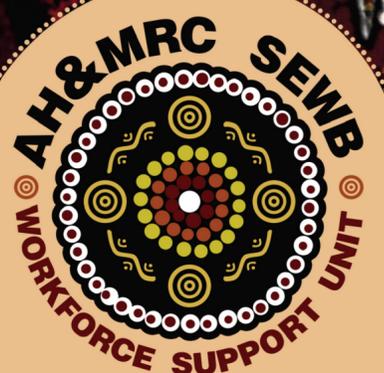
LISTEN

TO YOUR FAVOURITE MUSIC

LAUGH LOVE LISTEN

CONNECT WITH THE LAND

- > GO BACK TO COUNTRY
- > CATCH UP WITH YOUR MOB



Tune In



Aboriginal Health & Medical Research Council of New South Wales

wsu@ahmrc.org.au

mentalhealthmonth.org.au

MENTAL HEALTH MONTH OCTOBER

WayAhead Mental Health Association NSW