

DEADLY TIPS TO STRESS LESS

**MAKE
TIME
FOR
YOURSELF**

**SAFE
SUPER
VISION**

**GO
AND SIT BY**

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

Take time
to think

**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

**HAVE
A
YARN**

TALK
ABOUT IT

**CLOSE
YOUR EYES**

**FOCUS
ON YOUR
BREATH**

YOUR
MESSAGE
HERE

**LIGHT A
CANDLE,
HAVE A
BUBBLE
BATH**

**BE
PROUD
OF YOURSELF**

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

SHARE

SOMETHING THAT
MAKES YOU
LAUGH

SPEND

TIME WITH PEOPLE
YOU
LOVE

LISTEN

TO YOUR FAVOURITE
MUSIC

**SPEND TIME
WITH
ELDERS**

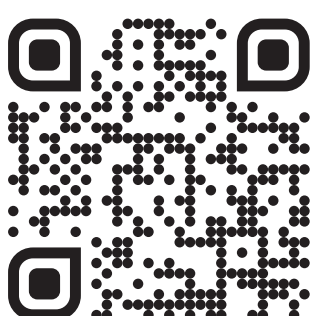
SHARE STORIES

**CONNECT
WITH THE
LAND**

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

**LAUGH
LOVE
LISTEN**

mentalhealthmonth.org.au



Wayahead®



AH&MRC
Aboriginal Health & Medical
Research Council of NSW