



Self care

Understand the facts

In our world of multi-tasking, it is easy to become overwhelmed with work, family and other responsibilities. Achieving a balance that promotes your overall health and the success of your career and personal life can be tough, so it is important to take the time to reflect on your personal goals, potential barriers and actions that will help you succeed. Finally, the practice of self-compassion is an essential ingredient to good mental health.

Well person checklist

- Have I eaten enough nutritious food today?
- Have I slept at least 7 hours, or taken a nap?
- Have I exercised at least 30 minutes today?



Well person checklist (cont.)

- Have I had at least 10 minutes of quiet time for reflection and renewal today?
- Have I let myself laugh today?
- Have I let others help me today?
- Have I kissed my loved ones and told them “I love you” today?
- Have I talked to a trusted friend or family member about how I’m doing today?
- Have I forgiven myself for mistakes today?
- Have I avoided unhealthy self-medication with alcohol or drugs?
- Have I “lived in gratitude” today?



Plan to succeed

- Set goals for yourself with realistic timelines.
- Figure out the barriers preventing you from reaching your goals. Be specific and zero in on what the problems are.
- Think of ways to address each of the barriers, taking action can help you feel more hopeful.
- Ask for help, especially if you are unsure how to address your barriers.
- Learn, practice and enhance resiliency skills.



Self-compassion

- Anticipate that even with your best efforts, you may not reach your goals. Remember, no one is perfect.
- Treat yourself with the same kindness and compassion that you would show a friend.
- Do not give in to negative thoughts like “What will others think?” or “I’m a failure?”
- Re-evaluate your goals, barriers and options.
- Reward yourself for small, incremental and positive changes.



Need more information?

- BeyondBlue:
www.beyondblue.org.au/get-support/staying-well.
- Mind Health Connect:
www.mindhealthconnect.org.au/wellbeing.
- Option B: www.optionb.org.
- *When Should I Seek Help* Tip Sheet.