

# GETTING STARTED

There are some things you can try before our first session that might help you manage difficult times. You might find it useful to experiment with some of these ideas and keep a list of ones you found helpful!

## THINGS YOU CAN DO BY YOURSELF

Think about when you may have faced a similarly stressful time and what you did to cope. Can you do the same things now?

Take care of your physical health. While it isn't easy, eating well, a daily routine, good quality sleep and keeping active can all make a big difference to your wellbeing



## SOME EXAMPLES:

Here are some activities that other clients have found helpful. Use these to help make your own list.

- Listening to music that can change your mood
- Having a bath
- Sitting outside or going for a short walk
- Watching a favourite DVD, TV show or video
- Drawing/sketching/painting
- Writing/journaling, getting those thoughts and feelings out
- Taking some time out to treat yourself to a small thing you ordinarily enjoy



## RELAXATION TECHNIQUES

- Body scans/ Progressive muscle relaxation: Lie down or recline in a chair. Taking slow breaths, tense your muscles (beginning with your feet) for 10 seconds and then release for 15 seconds. Work your way up the different muscle groupings of your body.
- Breathing exercises: Find a comfortable position. Close your eyes or focus on something in the room. Begin by taking a slow breath in through your nose, hold that breath, and then slowly release the breath out through your mouth.
- Using imagery: Spend some time thinking of a place, real or imaginary, where you would feel safe, relaxed and comfortable. Imagine what you would notice with each of your 5 senses



## THINGS YOU CAN DO WITH OTHERS

- Talking to someone about it and getting support
- Choose people you can spend time with doing things you would normally enjoy
- Attending support groups
- Explore online resources from reputable sites like Beyond Blue

