



Self-Care 101

Free Self-Care Activities

- Prioritise – look at the to do list and audit what is urgent and important and what can wait. If it can wait, let it!
- Grounding – get your feet into some grass or sand and just enjoy!
- Have a nap – if you can, try to have a little extra sleep.
- Walking – don't hold yourself to any specific timeframe or distance.
- Read a book – hard copy or audio book, this is a great way to switch off!
- Gentle exercise – do an activity that you really love but just for fun, not to push yourself.
- Mindfulness/meditation – choose a good app and pick something that interests you.
- Listening to music.
- Having a bath or shower – spend extra time if you can and relax.
- Call a friend or family member to check-in – connection to others is essential for wellbeing.

Self-Care 101

Paid Self-Care Activities

- Get a massage – be specific with what you're asking for. Don't go for a sports massage expecting to feel relaxed during it.
- Go out for a coffee – sitting in a café alone with a cup of coffee/tea can be amazing for clearing your mind.
- Try a new hobby – join a club, group or team to meet others and get you out of your usual routine.
- Plan a small get away – probably the most expensive option but if you have the ability, it yields a lot of benefits.
- Go camping – disconnect from the world by going out into the bush and re-connecting with nature.