

Self-care

Looking after ourselves will look different for everyone, but we have noted some suggestions below to help you think about what works for you. Some of these are ongoing goals that we work towards over time, but they often relate to a ‘quick-fix’ that can help us feel grounded ‘in the moment’.

Long - term	In the moment
Maintain relationships: connect with family and friends	Call a friend/family member/trusted contact
Connect with nature	Step outside for some fresh air
Nourish my physical body	Make a cup of tea/have a snack/drink a glass of water
Good sleep routine	Take a nap
Maintain regular relaxation practice	Listen to a calming audio, stretch, do a breathing exercise
Engage in an activity you enjoy	Read a book/magazine, pick up a craft, watch TV

“I try to have a bit of down time. Something to eat and some fresh air, and give my husband a call to let him know how it’s gone.”

Abi – MMHA Lived Experience Champion

“I make sure I am spending time with someone I value and who values me.”

Maria – MMHA Lived Experience Champion