



Tips and Ideas to Take Care of Yourself

Taking care of yourself helps enhance energy, restore health and reduce stress, this looks different for everyone. Find what works for you, here are some things you might like to try.

Practice Mindfulness

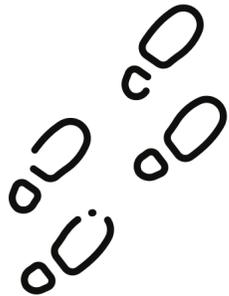
Slow down and give yourself time to think and feel. Try these tips to help focus on your thoughts and feelings.

- Pause & take 3 deep breaths
- Put down your phone & take in your surroundings
- Do one thing at a time
- Bring your attention to the present moment

Get Active

It is beneficial for our physical & mental health, and can be a great way to connect with others. Here are some local options:

- [South Gippsland walks & trails](#)
- [Bass Coast walk & trails](#)
- [South Gippsland Sporting Clubs](#)
- [Bass Coast Sporting Clubs](#)



Get out in Nature

Nature can have positive effects on self-esteem & improve mood. Just ten minutes in nature can have an effect. Try out these local spots:

- [Cape Woolamai Walks](#)
- [Townsend Bluff, Inverloch](#)
- [Agnes Falls, Toora](#)



Connect

Connecting with others helps us share positive experiences & give emotional support. You could:

- Book in family time each day
- Speak with someone new
- Have a coffee with a workmate
- Join a [community_group](#)
- Take up a [team sport/activity](#)

Meditate

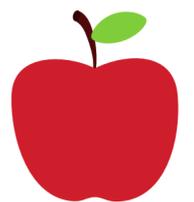
Meditation can increase calmness and physical relaxation. Try these simple steps to start your meditation journey.

1. Find a time and place that suits you
2. Decide on an amount of time to mediate
3. Make yourself comfortable
4. Choose [guided](#) or unguided meditation

Eat Well

Good nutrition helps to build a healthy body and mind. Enjoy a wide variety of nutritious foods every day from each of the five food groups and drink plenty of water.

- [Cook Well Eat Well Recipes](#)
- [Live Lighter Recipes](#)



Seek help

If you are concerned about your own or someone else's mental health there are many services available. You can get onto their website or give them a call.



1300 22 46 36



13 11 14



1800 595 212



1800 614 434

South Coast Prevention Team

Working with our community to achieve healthy lifestyles.

For more tips and ideas follow us on [Facebook](#) or visit www.southcoastpcp.org.au.



January 2021