

# Ideas for self-care

- 1. Supportive Relationships** – It is important to connect with others (friends, family or colleagues) who care about you. Allow them to care for you when you need it.  
Connect on the phone or try facetime or other video platforms to stay in touch.
- 2. Sharing with others** – Find someone you feel comfortable to talk to.  
Perhaps schedule various ‘catch-ups’ throughout the week with different people.
- 3. Be true to yourself** – Don’t dismiss your place of strength, be it a set of beliefs, a religion, faith or traditional/alternative healing techniques – Your place of strength is as individual as your grieving process. There is no right answer only you know what works for you.  
Take time to reflect on your individual strength and what supports this.
- 4. Get moving** – Any physical activity is worth it. Exercise can lift you when you’re feeling low. Getting outside in the sunshine is also beneficial.  
There are many free exercise apps online that you could try.
- 5. Be patient** – Understand the healing process takes time.  
If you are feeling overwhelmed, try some mindfulness techniques and just allow yourself to ‘be’. Try an online mindfulness app or read about mindfulness techniques online.
- 6. Take care of your physical health** – Grief can be hard on your body. Looking after yourself includes – eating regular healthy meals, getting plenty of sleep and regular exercise and avoiding overuse of alcohol, tobacco, caffeine and other drugs. A check-up with your GP may assist you with this.  
Take this time to prioritise your physical health.
- 7. Practice self-care** – Be kind to yourself. Do things that bring you enjoyment and comfort, such as listening to relaxing music, massage, a warm bath or meditation.  
Exploring your creativity is good for the soul, try something creative, such as art or craft.
- 8. Go outside** – Spend some time outdoors. Fresh air and sunlight can assist your overall health and wellbeing.  
Even spending some time in a sunlit room can be good for the mood.
- 9. Reach out** – You may be able to work through your grief with the help of family and friends, or you may need extra support. Don’t be afraid to ask.  
If you need extra support don’t forget the telephone helplines which include:
  - Suicide Call Back Service 1300 659 467
  - Lifeline 13 11 14
  - Kids Helpline 1800 55 1800
  - MensLine 1300 78 99 78
- 10.** Everyone needs help sometimes, especially during times of unpredictable events such as #COVID19au.  
Make sure you use reliable sources such @LifeinMindAU <http://ow.ly/Vxza50yOq7J> or listen to daily updates <https://www.abc.net.au/radio/programs/coronacast/latest-segments/12025304>

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