

Self Care For Mental Health

If you are feeling down, stressed or having bad thoughts here are a few things you can do to support your mental health:

Reach Out

Let someone know about your worries who can listen non judgementally and offer emotional support. Talk to a doctor or seek professional support if the stress is impacting your life.

Practice Mindfulness

Mindfulness is the process of being in the present moment and fully engaged in what you are doing; having an awareness of your thoughts and feelings but not getting caught up in them.

Try Meditation

Meditation is a way of clearing your mind. Try finding a comfortable position, close your eyes and focus on your breathing. When thoughts surface, acknowledge them, and then return your focus to your breathing.

Take a few deep breaths

Try intentional breathing where you fill your lungs with air by inhaling from the top down, and exhaling from the bottom up. Taking deeper longer breaths can reduce your heart rate and blood pressure and make you feel more relaxed.

Be kind to yourself

We can be our own worst critics. No one is perfect and we all make mistakes. The most important thing to remember is that we can change how we think and act moving into the future.

Express gratitude

Even in bad situations there are often things we can still be grateful for. Try thinking of 3 things you are thankful for at the end of each day; it can change your outlook to be more positive.

Look after your body

Eating good food, exercising each day and getting enough sleep are critical to how we feel. Even some gentle stretches or a walk can make us feel better.



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