



**Choose healthier
food and drink
options.**



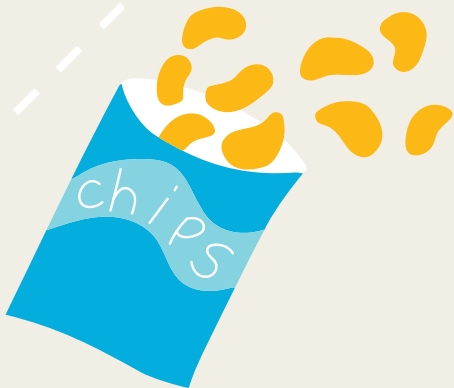


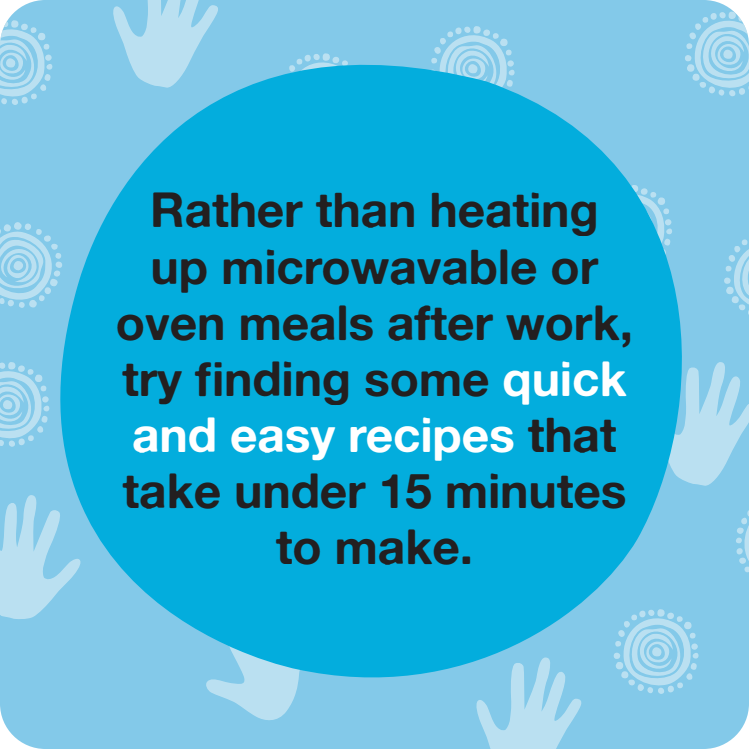
**Reduce junk
food and sugary
drinks.**





**Choose fruit
over a packet of
chips.**





Rather than heating up microwavable or oven meals after work, try finding some **quick and easy recipes that take under 15 minutes to make.**





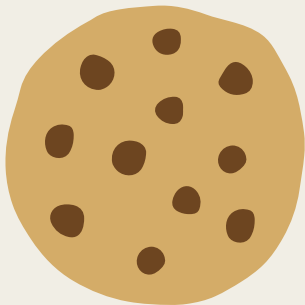
**Track food
intake and try
to keep to the
recommended
daily serves.**


MEAL PLAN





**Create healthy
snacking habits,
e.g. replace
biscuit with
apple.**





**Eat for your
gut – keep your
gut happy, eat
foods containing
probiotics and
fibre (yoghurt,
kombucha, nuts).**





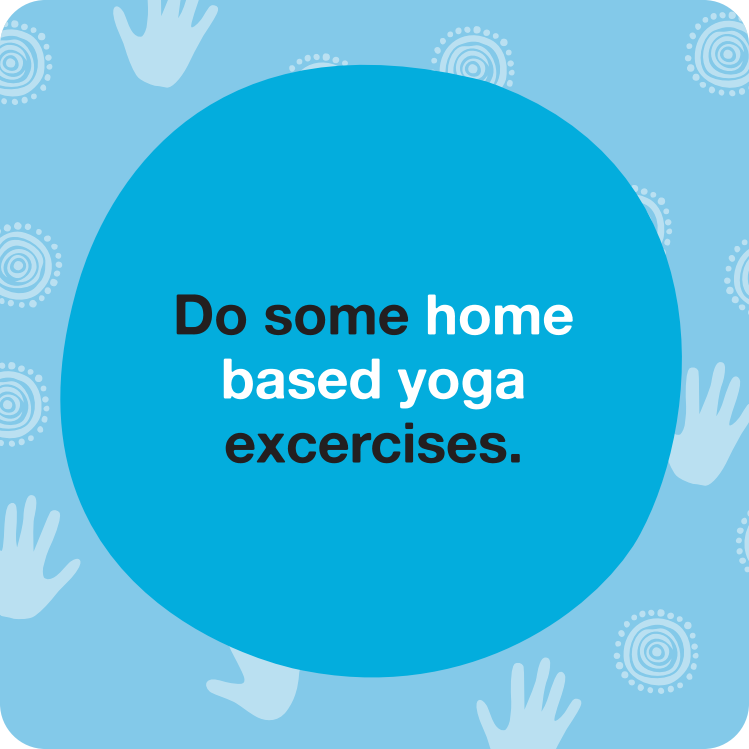
**Spring clean
parts of your
house.**






**Go for a walk
with family or
pets.**






**Do some home
based yoga
exercises.**





**Avoid or reduce
your use of
alcohol and
tobacco.**



The image features a large, solid blue circle in the center. Inside this circle, the text "Wash your hands regularly to reduce the spread of germs." is written in a bold, sans-serif font. The words "Wash your" are in white, while "hands regularly" and "to reduce the spread of germs." are in black. The background of the entire image is a light blue color, decorated with several white icons: stylized hands with fingers spread and circular patterns of concentric dots representing germs or bacteria. These icons are scattered around the central blue circle.

**Wash your
hands regularly
to reduce the
spread of germs.**





Walk and talk.





**Follow an online
exercise class.**





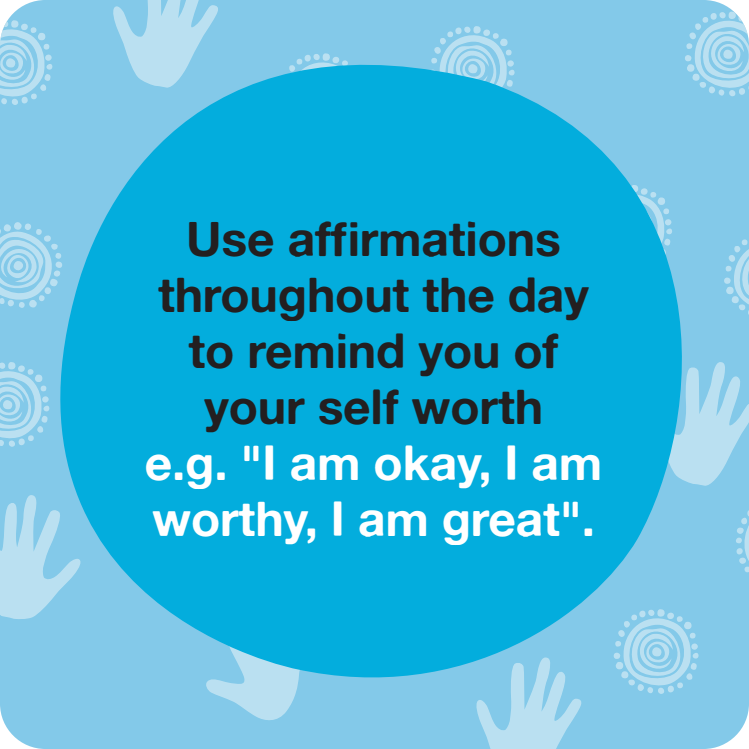
**Talk about how you
feel. Call the NSW
Mental Health line
(1800 0111 11) or
your local Aboriginal
Medical Service.**



Hello


!?





**Use affirmations
throughout the day
to remind you of
your self worth
e.g. "I am okay, I am
worthy, I am great".**






**Take breaks
during the day
and spend at
least 10 minutes
with your loved
ones.**






**Reduce stress
by doing things
you like such as
listening to music,
dancing, meditating,
painting, knitting
etc.**





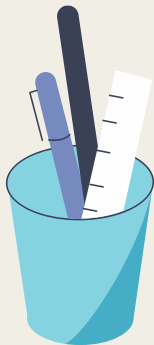
**Talk to loved
ones about your
worries and
concerns.**






**Develop a daily
and weekly
schedule to
maintain a
routine.**

WEEKLY PLAN






**Maintain a
healthy diet,
exercise and
sleep regime
for overall
well-being.**





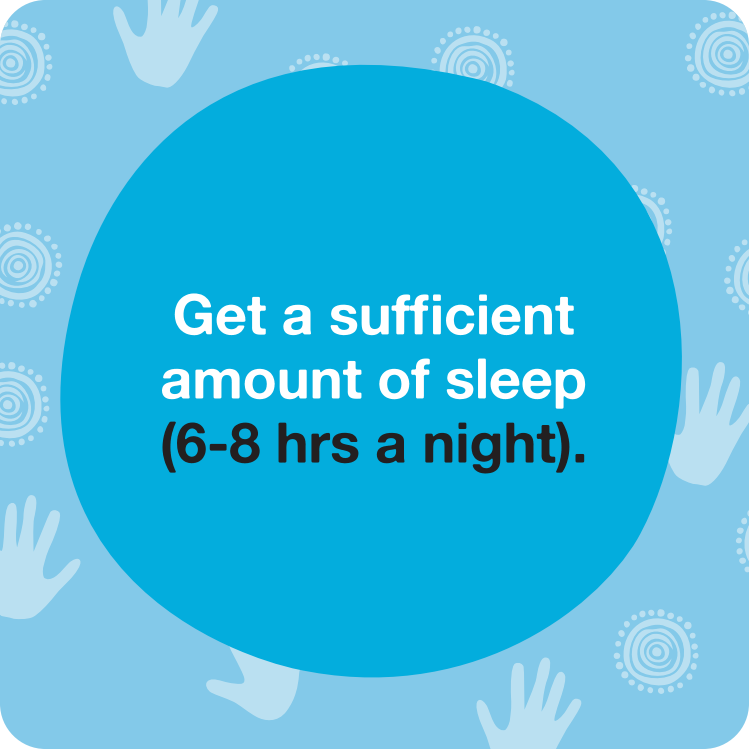
**Keep in touch
with friends and
family through
social media and
video apps or
face to face.**





**Go outdoors
to fuel up on
vitamin D –
The sun is your
friend.**





**Get a sufficient
amount of sleep
(6-8 hrs a night).**





**Schedule
your medical
requirements on a
daily and weekly
basis.**






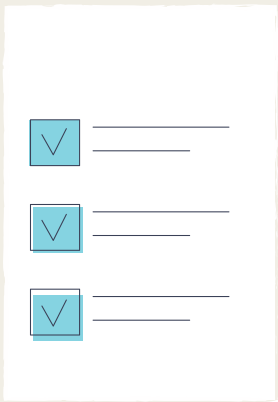
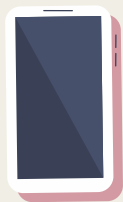
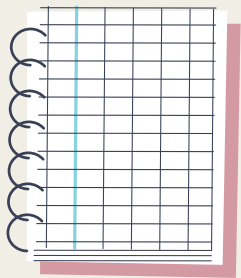
**Plan and buy
groceries on
scheduled days
of the week.**


GROCERY LIST






**Rearrange your
work space to be
comfortable and
spacious.**





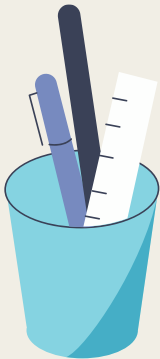
**Start work early and
get a head start on the
day to help you feel
more organised and
motivated.**





**Take a break from
house work on
scheduled days
during the week.**


WEEKLY PLAN






Build healthy relationships by bonding with your family, friends and partner. Go to the park, go for a walk, watch TV or a movie together.





**Change up your
scenery from time
to time. Move
from the couch
to outside in the
shade.**





**Schedule your
personal and health
hygiene. Make sure
you shower daily
and brush your teeth
twice a day.**

