



**Choose healthier
food and drink
options.**



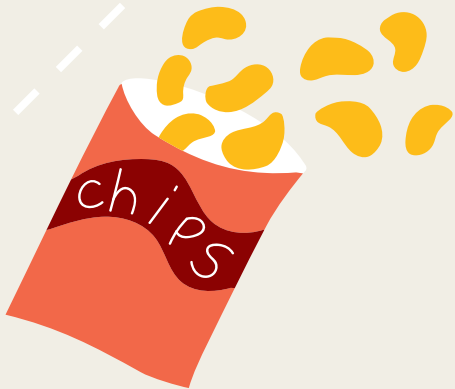


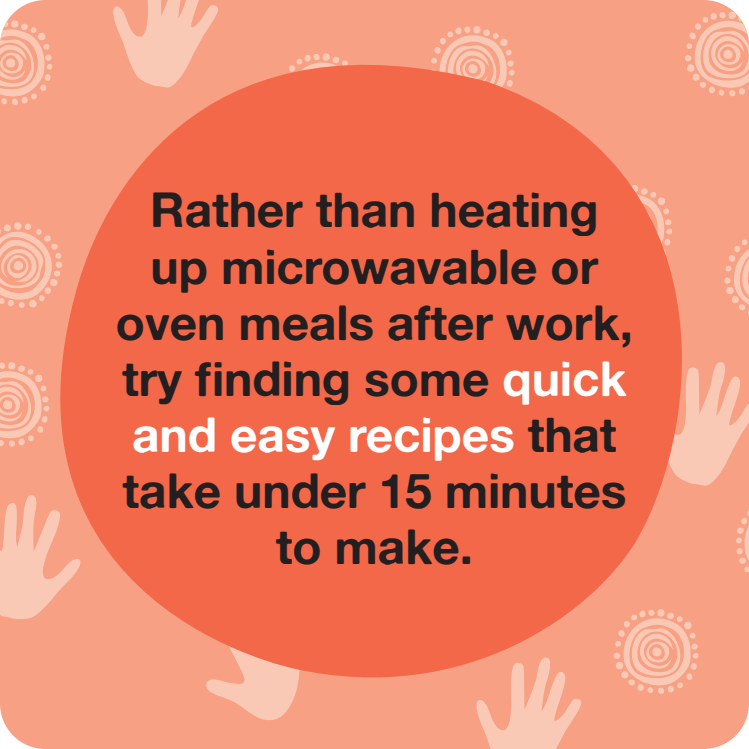
**Reduce junk
food and sugary
drinks.**






**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.





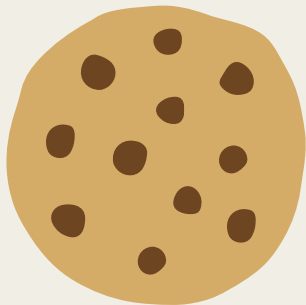
**Track food
intake and try
to keep to the
recommended
daily serves.**


MEAL PLAN



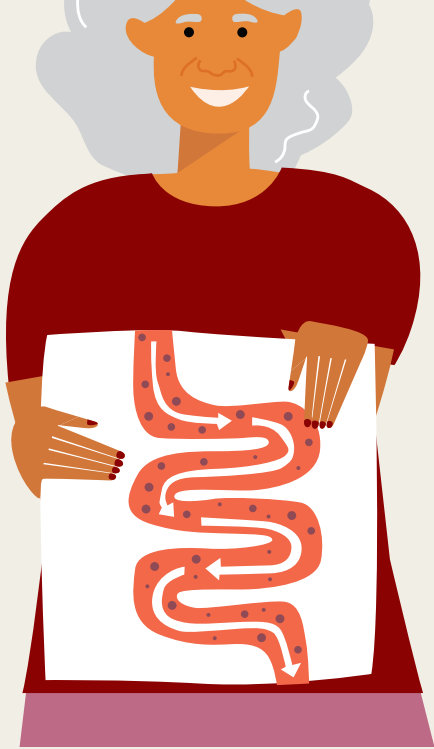


**Create healthy
snacking habits,
e.g. replace
biscuit with
apple.**





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



The image features a large, solid orange circle in the center. Inside this circle, the text "Spring clean parts of your house." is written in a bold, sans-serif font. The word "Spring" is in white, while "clean parts of your house." is in black. The background of the entire image is a light orange color, decorated with several white icons: stylized hands and circular patterns with concentric dots. The text is centered within the orange circle.

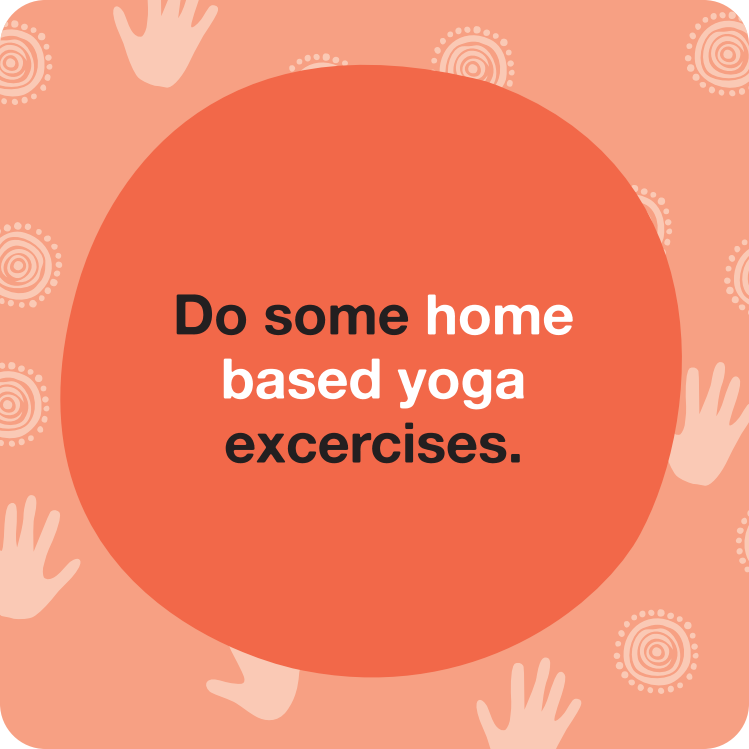
**Spring clean
parts of your
house.**






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






**Do some home
based yoga
exercises.**





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





**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.**

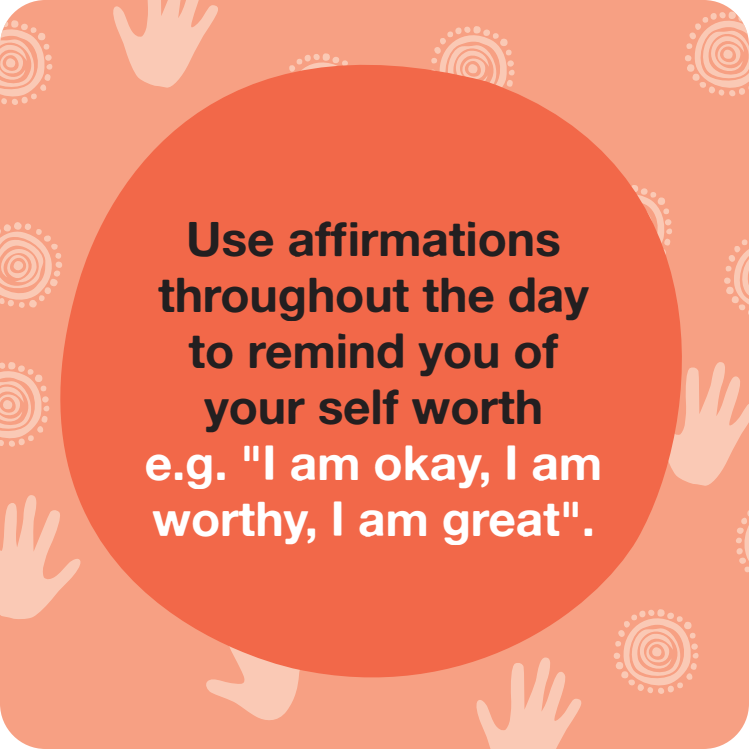


Hello



!?





**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.**



The image features a large, solid orange circle in the center, which contains the text. The background is a lighter shade of orange and is decorated with several white icons: open hands and circular patterns consisting of concentric dotted lines. The text is centered within the orange circle and is written in a bold, black, sans-serif font.


**Reduce stress by
doing thing 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.**




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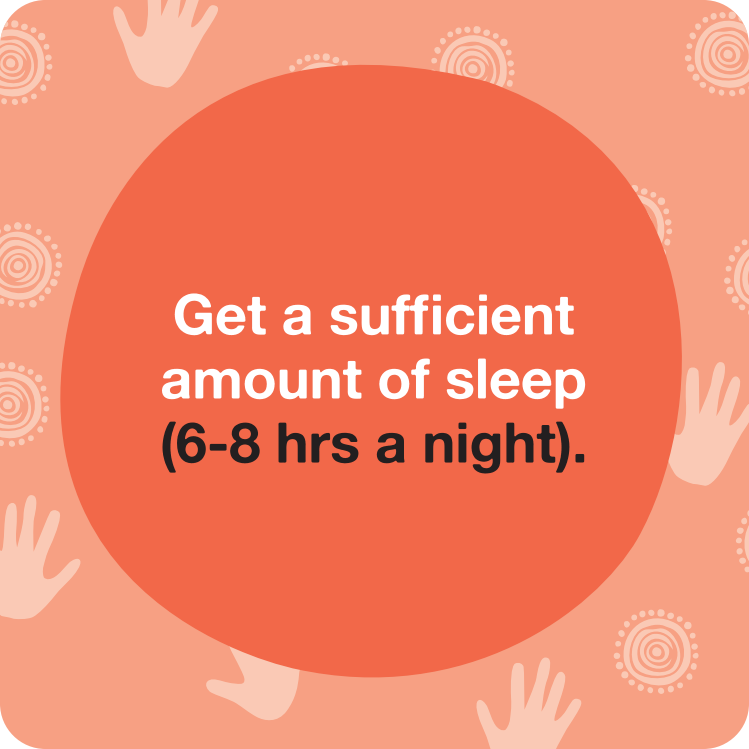
**Keep in touch
with friends and
family through
social media and
video apps or
face to face.**





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





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






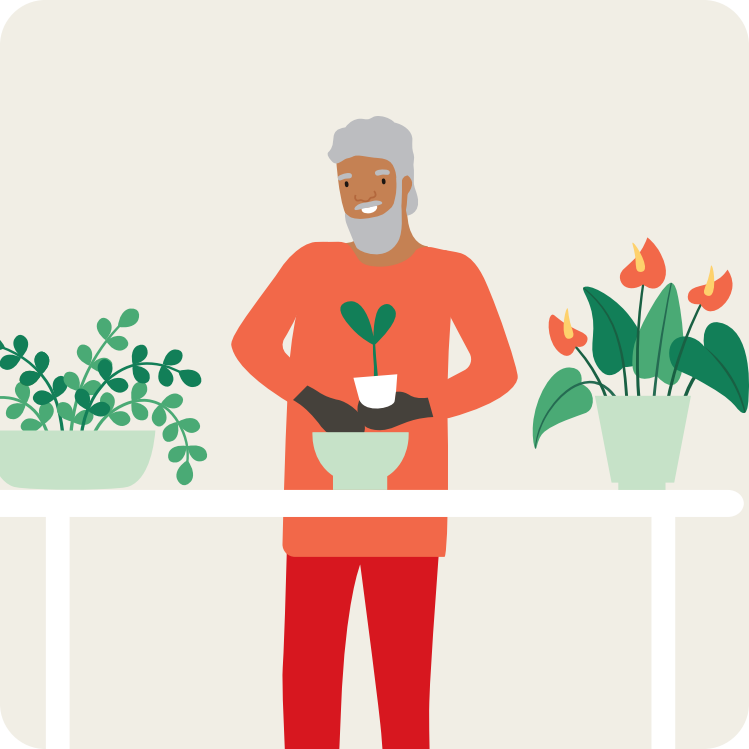
**Schedule
your medical
requirements
on a daily and
weekly basis.**


An illustration featuring a bright orange folder in the background. In the foreground, a white document is tilted, with the words "MEDICAL NEEDS" written in a simple, hand-drawn font. A horizontal red line is drawn below the text. A dark red pencil with a white eraser and a sharp lead tip is positioned diagonally on the right side of the document. The entire scene is set against a light beige background with rounded corners.

MEDICAL NEEDS

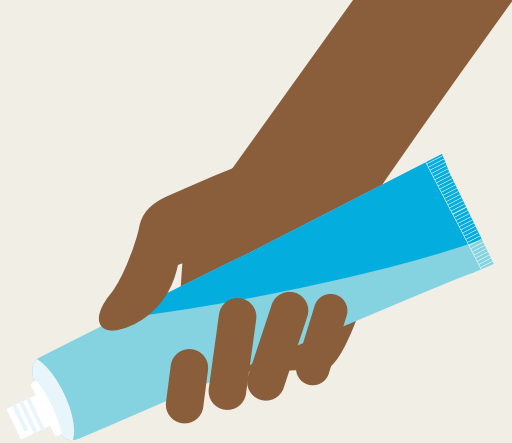



**Get your body
moving by walking,
dancing, swimming,
yoga and/or
gardening.**





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






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

GROCERY LIST






**Reach out to your
children and friends
when you are
feeling lonely and/or
need assistance.**





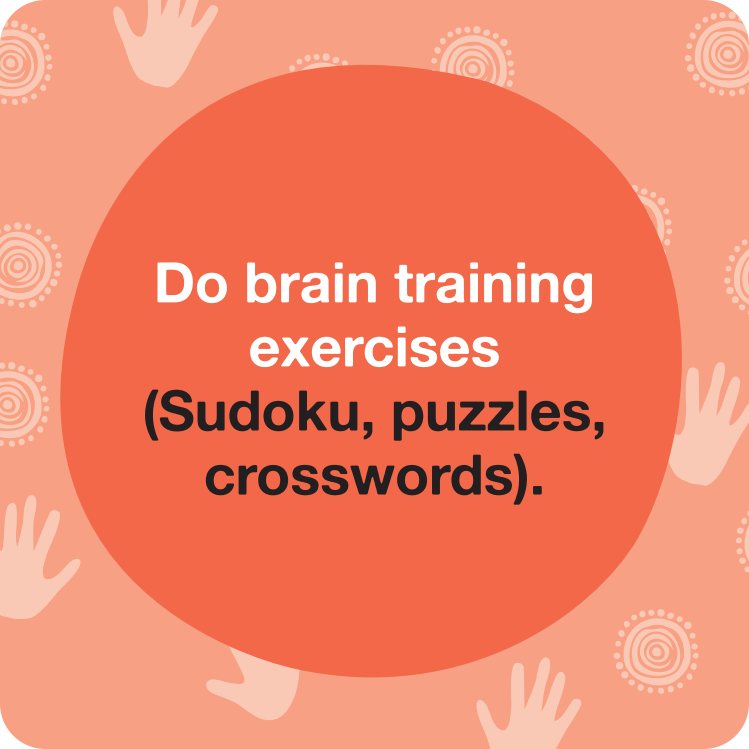
**Read the
newspaper or
books.**





**Stimulate your brain
by doing puzzles,
playing cards,
painting, sewing
and knitting.**





**Do brain training
exercises
(Sudoku, puzzles,
crosswords).**

