

The image features a large, solid green circle in the center. Inside this circle, the text "Choose healthier food and drink options." is written in a bold, white, sans-serif font. The background of the entire image is a light green color, decorated with several white icons: stylized hands with fingers spread and circular patterns resembling virus particles or pollen grains. The text is centered within the green circle.

**Choose healthier
food and drink
options.**





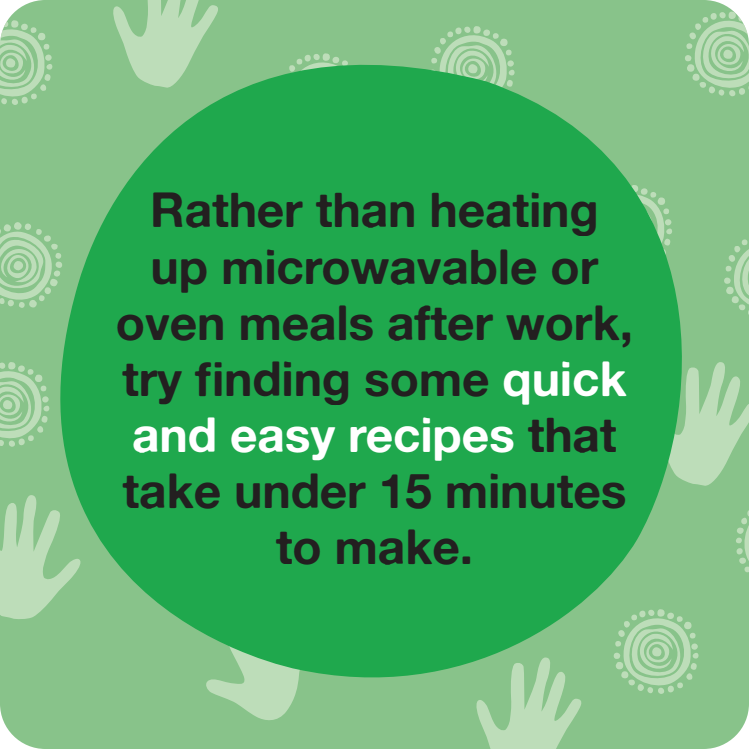
**Reduce junk
food and sugary
drinks.**






**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.**






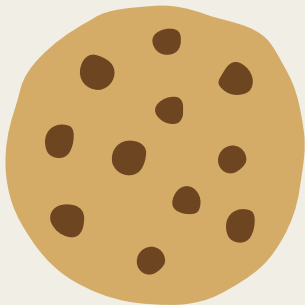
**Track food
intake and try
to keep to the
recommended
daily serves.**


MEAL PLAN



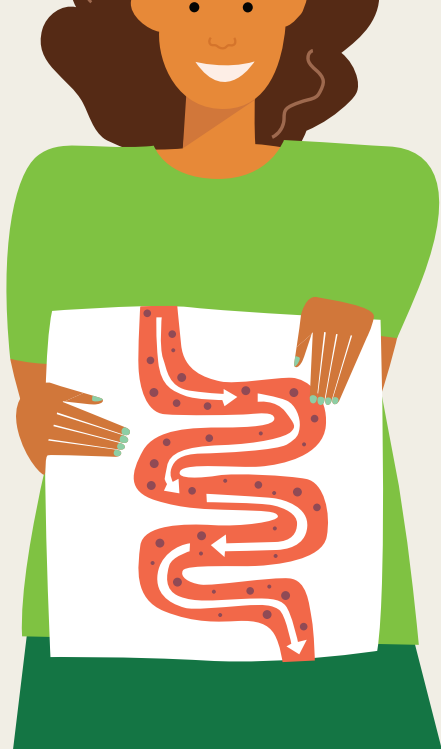


**Create healthy
snacking habits,
e.g. replace
biscuit with
apple.**





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



The image features a central green circle with white text. The background is a light green color with a repeating pattern of white hand silhouettes and circular motifs. The text is centered within the circle and reads "Spring clean parts of your house." in a bold, sans-serif font.


**Spring clean
parts of your
house.**






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



The image features a large, solid green circle in the center. Inside this circle, the text "Do some home based yoga excercises." is written in a bold, white, sans-serif font. The background of the entire image is a light green color, decorated with several faint, light green icons: open hands and concentric circles with dots around them. The text is centered within the green circle.

**Do some home
based yoga
excercises.**





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



The image features a central green circle containing white text. The background is a light green color with faint, repeating icons of hands and germs. The text is centered and reads:

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





Walk and talk.



The image features a large, solid green circle in the center. Inside this circle, the text "Follow an online exercise class." is written in a bold, white, sans-serif font. The background of the entire image is a light green color, decorated with several white icons: stylized hands with fingers spread and circular patterns consisting of concentric dotted lines. These icons are scattered around the central green circle, creating a sense of community and activity.

**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.**

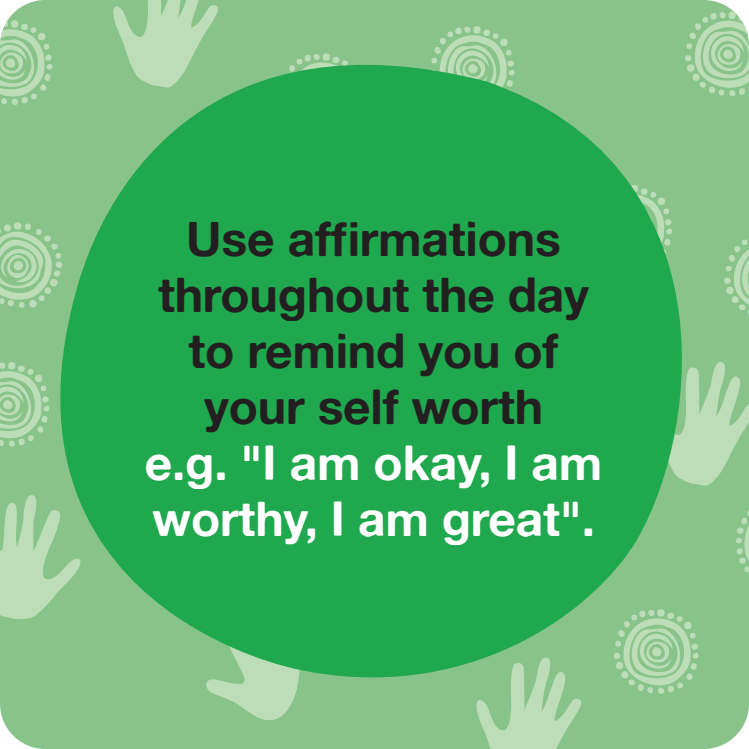


Hello



!?






**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 thing you like
such as listening
to music, dancing,
meditating, painting,
knitting etc.**



The image features a large, solid green circle in the center. Inside this circle, the text "Talk to loved ones about your worries and concerns." is written in a bold, white, sans-serif font. The background of the entire image is a light green color, decorated with several white icons: open hands and concentric circles with dots around them. The text is centered within the green circle.

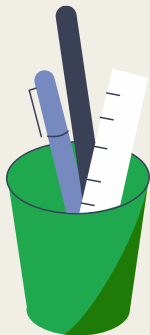
**Talk to loved
ones about your
worries and
concerns.**





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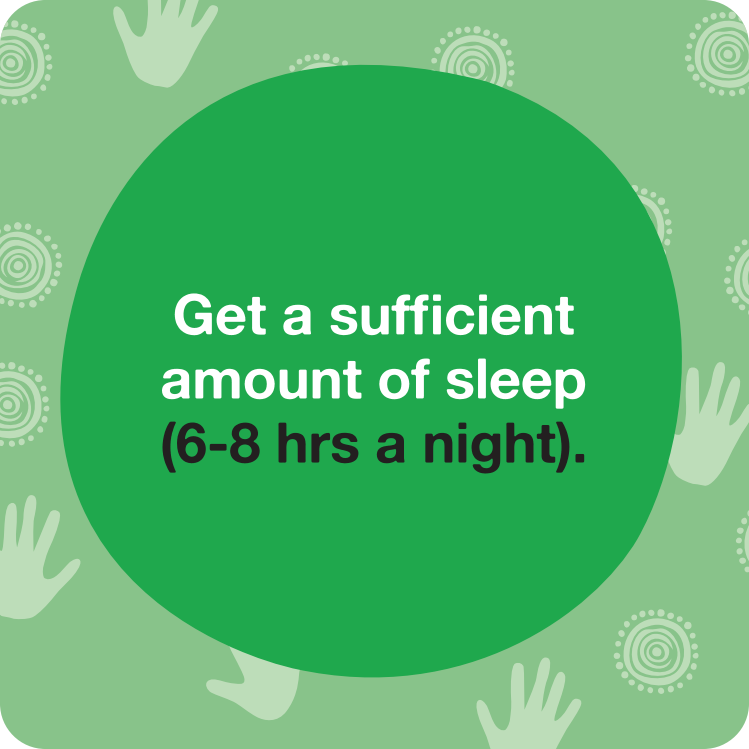
**Keep in touch
with friends and
family through
social media and
video apps or
face to face.**





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






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






**Play educational
games with children
to make learning
more fun and
exciting.**





**Yarn to your
children about how
they are feeling,
emotionally,
mentally and
physically.**





**Create visual guides
for your children
to make chores
and activities
interactive. Using a
rewards system is
effective.**

CHART



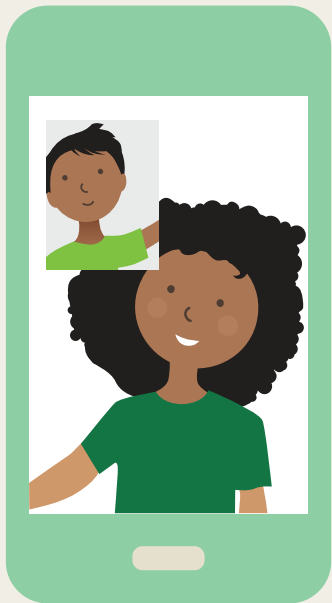


**Plan your childrens
naps and bath time
to create a routine.**





**Allow children to
interact and yarn
with friends through
phone or video
calls.**





**Partake in
stimulating
activities with
children such as
painting, dancing
and crosswords.**






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

GROCERY LIST





**Reach out to family
or friends when you
need assistance.**

