



**Choose healthier
food and drink
options.**





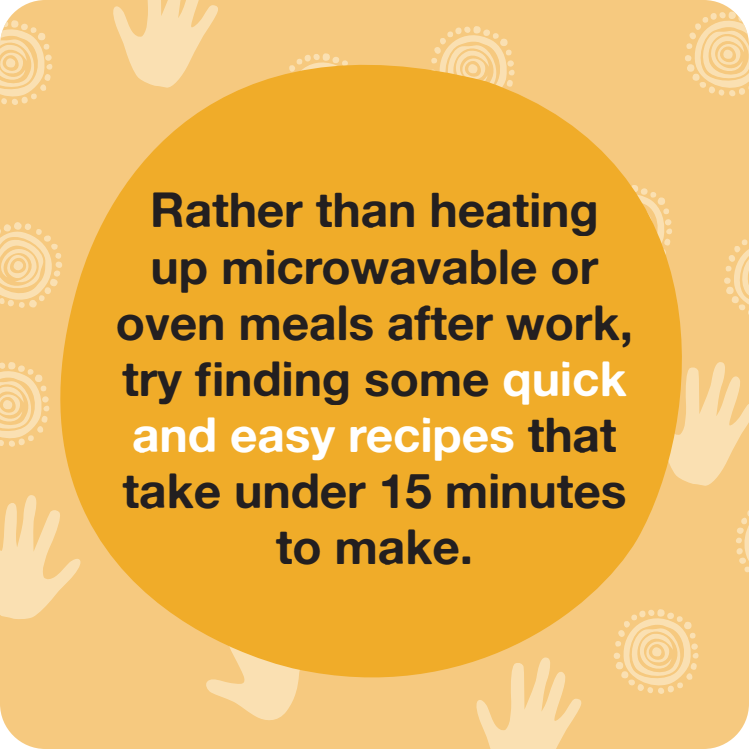
**Reduce junk
food and sugary
drinks.**





**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.





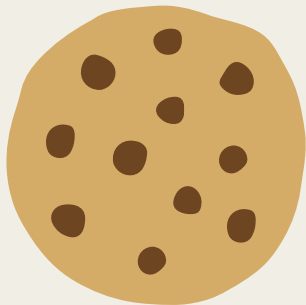
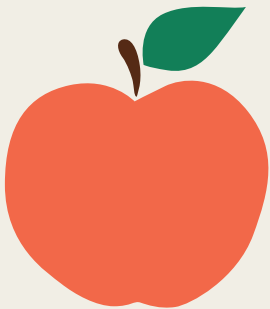
**Track food
intake and try
to keep to the
recommended
daily serves.**


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
excercises.**





**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.**

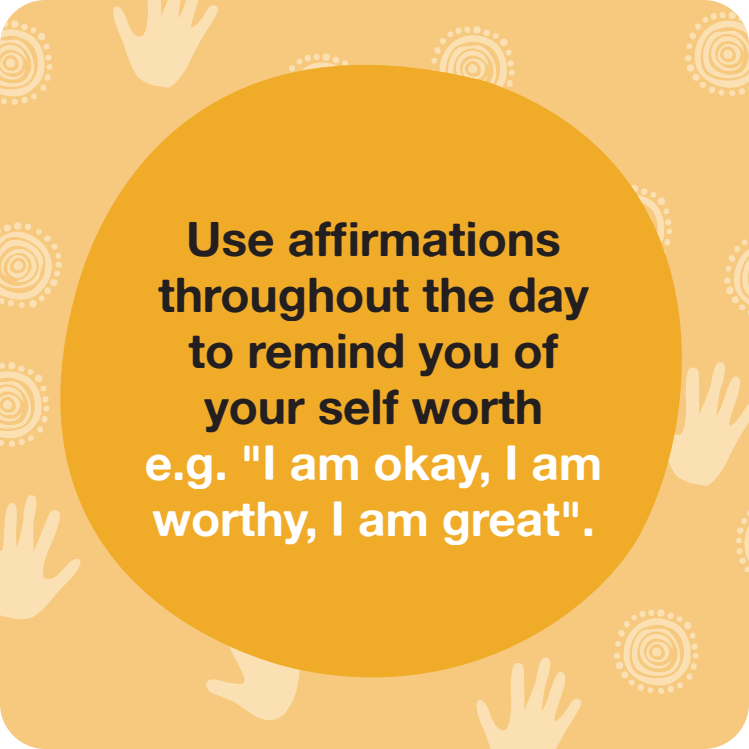


Hello



!?





**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, central orange circle containing text. The background is a light orange color with several white hand silhouettes and circular patterns with concentric dots scattered around. The text is centered within the circle and reads:


**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.**




1 1 1





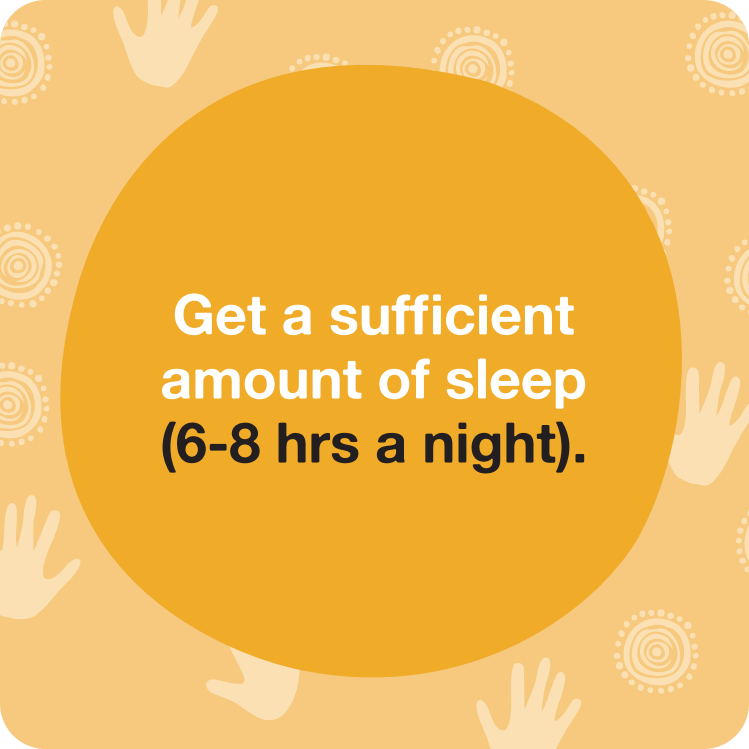
**Keep in touch
with friends and
family through
social media and
video apps or
face to face.**






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





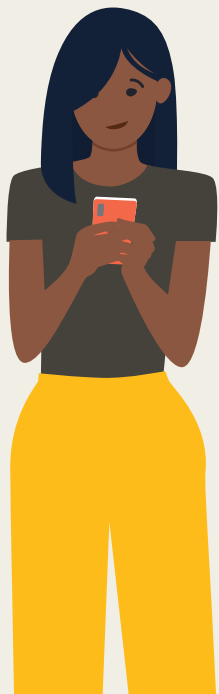
**Plan and buy
groceries on
scheduled days
of the week.**

GROCERY LIST





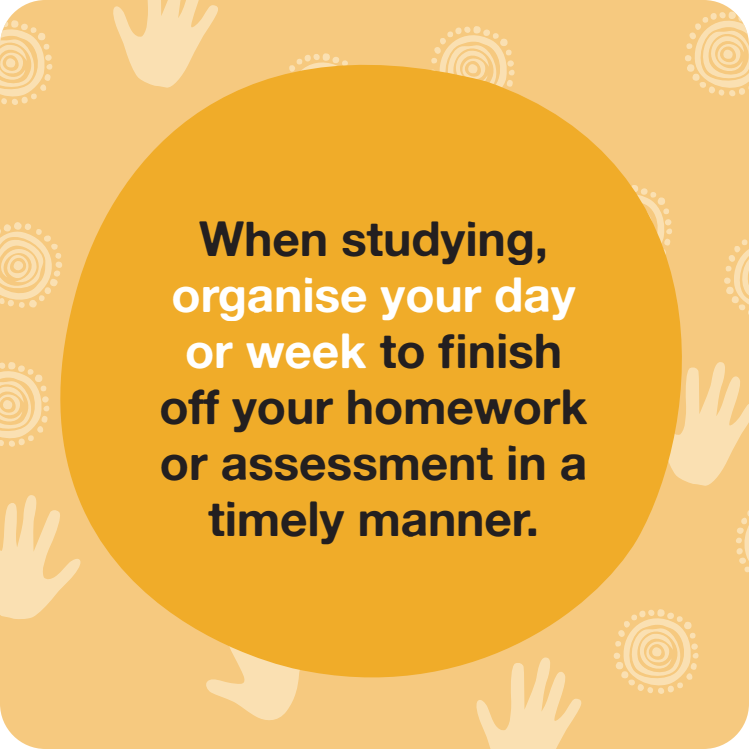
**Reach out
to family or
friends when
you are feeling
overwhelmed,
stressed or
upset.**






**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.**





**When studying,
organise your day
or week to finish
off your homework
or assessment in a
timely manner.**






**Avoid drugs
as they decrease
productivity and
prevent a healthy
head space.**





**Connect to your
community through
sport, volunteer
work, hobbies,
clubs, and safe
online communities.**





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

