

Looking after yourself - a top priority

do nothing sometimes
have a rest – use power naps if you need
eat healthy food – drink water often
relax when you can – take breaks
exercise
get into nature – get outside for a while
take a break out of the region – even a short one
have a friend to stay for a while
cry if and when you need to – that's okay
laugh if you can – enjoy the things you can
take some deep breaths and slow down a bit
ask for what you need
be honest – pretending is exhausting and hides your real needs
forgive yourself – don't expect too much of yourself
give yourself permission to feel whatever you feel
encourage yourself
praise yourself for the things you've managed to do
don't feel guilty if you're having a good day
treat yourself to something you really enjoy
wear your favourite clothes
watch a movie or listen to music you really like
play a game – play sport
read books you enjoy or that inspire you
keep connected with people
spend relaxing time with family, whānau, good friends or neighbours
spend time with those who really care about you
spend time with your pets
be with yourself for a while
pray or nurture yourself spiritually, whatever that means for you
give yourself all the time you need to handle the things you need to
do things that make you happy
join a support group – in person or via the internet
keep yourself safe – don't make bad choices or take big risks
make something creative
bake your favourite biscuits, cook your favourite meal
find out information that might help you
give a hug – get a hug
be patient with yourself – you're only human
get the help you need if you feel stuck
keep asking till you get the help you're needing