



What is self-care?

Self-care is about looking after yourself by doing activities that help to build your physical, emotional and mental health. By finding positive things that make you feel good, you can protect your health during periods of stress.

Why is it important?

Self-care is a really important part of daily life, especially in times of uncertainty and stress.

It is important to take time out when you need it, and keep connected with others. This helps to reduce feelings of stress and protects your mental health.

There are lots of helpful skills and tools you can use. These assist you to pay attention to what is happening to your body, so you can identify when something is affecting you.

In these times, you can do activities to reduce stress, loneliness or negative thoughts.

Self-care isn't just for reacting to a specific event, it's something to be incorporated into every day, so that you can maintain positive wellbeing. Planning self-care with the help of a trusted friend or carer can be a good way to get started and assist you to remember how to help yourself in times of need.



Self-Care Plan

A 'self-care plan' can help to identify ways to actively engage in activities to nurture your wellbeing. You could work through a plan with a family member, friend or carer, to find meaningful ways to help yourself every day. This can become a valuable tool for you to:

- Remember practical ways to support your wellbeing every day
- Find ways to get through difficult times
- Identify ways to stay connected with people
- Find new activities such as ongoing social support, hobbies and favourite activities that improve mental health (there might be a favourite movie or TV show you enjoy)
- Identify to mindfulness exercises and physical activities known to support and maintain physical and mental health (meditation, music, sewing, knitting, art, games with others, yoga, online games, listening to audiobooks)

Help is Available

Disability Royal Commission Counselling

Blue Knot Foundation offers free, specialist counselling support and a referral service for anyone affected by the Disability Royal Commission.

Call 1800 421 468 (9am - 6pm Mon-Friday, 9am - 5pm Sat, Sun and public holidays).

Visit <https://disability.royalcommission.gov.au/counselling-and-support>

Other Supports

Beyond Blue: 1300 224 636 beyondblue.org.au

SA Mental Health Triage 131465

Thirrili Aboriginal and Torres Strait Islander COVID-19 mental health support services
1800 841 313

Embrace Multicultural Mental Health (02) 6285 3100 <https://mhaustralia.org/national-multicultural-mental-health-project>

ASKPEACE COVID-19 specific mental health support for people of diverse culture and language (08) 8245 8110 <https://www.rasa.org.au/services/couples-families/askpeace/>

Qlife Lesbian, gay, bisexual, trans, and intersex: 1800 184 527 qlife.org.au

Suicide Call Back Service: 1300 659 467 suicidecallbackservice.org.au

Lifeline: 13 11 14 lifeline.org.au



DACSSA DISABILITY ADVOCACY

SELF-CARE PLAN EXAMPLE

Self-Care Plan

Self-care is individual and unique to you. Take time to add items to your lists. It will help you understand yourself and challenge you to find ways to maintain positive well-being. If you need, you could ask a trusted family member, friend or carer to help you develop your plan - it sometimes helps to chat it through.

SELF-CARE AREA	CURRENT THINGS YOU DO	NEW THINGS TO TRY	WHAT DO I NEED TO MAKE IT HAPPEN
PHYSICAL Things I can do like art/hobbies/games/reading/painting your nails/ organising your things	Gardening Watching Nigella Lawson Soak my sore feet	Find recipes	
EMOTIONAL Things to make you feel better	Talk to Mum Sing to myself Listen to music	Start an art diary Start diary using voice-to-text on the computer Play board games when Lisa visits	Buy materials Ask Lucy to Google how to
MENTAL Things to feed your mind	Have books read to me Watch documentaries	Listen to audio books Look at community class Try listening to podcast	Find audiobooks at library Try Audible Ask how
SPIRITUAL Things to feed your soul and beliefs and self-belief	Nothing that I can think of	Try some meditation Meet my neighbour Say a compliment to myself whenever I say something bad about myself	Ask Lucy to look up meditations on internet

