

Your Self-Care Matters

Here are 8 self-care ideas to help you look after yourself this year.

1. Treat yourself!

Yes! More than ever! You made it to 2021! Buy yourself a present, a coffee, try a new restaurant or bar – you deserve it.

2. Beware of burnout.

All of our bodies and minds are re-adjusting. Resting and say no is OKAY! Schedule your time and remember to check in with yourself to see how you are feeling. Ask for support from loved ones or professionals if you need it.

3. Catch up with old friends.

Make plans to see someone you haven't seen in a while. Send someone a nice text or you could cook a meal or bake a treat for them.

4. Try something new.

With many services and businesses re-opening there are new opportunities. Many places have re-opening sales or discounts. Check out: **UniDays** or **International Student Identity Card**.

5. Coping with stress.

Practice self-care, practice breathing, focus on what is in and out of your control. Be aware of your triggers: who and what is going to cause stress and what can you do to minimise it? You've got this!

6. Help others!

Donate blood, donate old clothes to 'Fitted for Work' to help disadvantaged women back into the workforce or build a box for Happy Boxes. Fill a box of self-care, sanitary items with a handwritten note, then Happy Boxes will send your box to Aboriginal and Torres Strait Islander girls and women who do not have access to them.

7. Do As You Please!

What was something you really wanted to do while in lockdown? Go for a nature walk, visit the Queen Vic Markets, view street art in Hosier Lane, visit the beach or visit the NGV latest exhibition.

8. Move your body!

Get some fresh air! Set yourself an achievable goal to run, walk, swim, stretch whatever it is make sure it brings you joy.

Try our One Minute Relaxation

Feeling stressed or anxious?

You can do this quick and easy portable relaxation exercise just about anywhere, and nobody need know you are doing it. Once you are good at it, you can even try a modified version, with your eyes open, for as little as 10 seconds.



Now try this...

1. Sit comfortably with your feet flat on the floor and close your eyes if you feel comfortable to do so.
2. Now concentrate on your breath. Take a deep breath and hold it for as long as you comfortably can. Then let it out fully. Repeat this deep breath in and out.
3. Focus on relaxing your shoulders. Lower them if you notice they are hunched. As you let your shoulders sink, notice a nice relaxed heavy feeling in the muscles.
4. Focus on relaxing your fingers. Imagine the tension going out of your fingers, your palms, your wrists.
5. Focus on relaxing your jaw. Unclench your teeth if you are clenching them and let your teeth fall slightly apart. Feel the tension leaving your jaw.
6. Take another two deep breaths in and out.

Are you feeling a bit more relaxed?