



**Choose healthier  
food and drink  
options.**





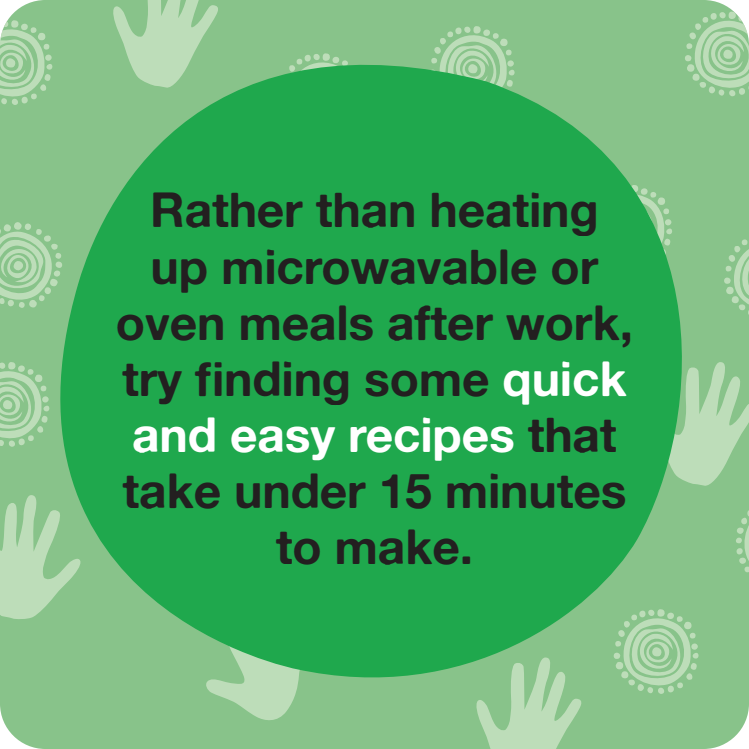
**Reduce junk  
food and sugary  
drinks.**



The background is a solid green color. It is decorated with several white, stylized handprints and spiral patterns. The handprints are scattered across the background, some pointing upwards and others downwards. The spiral patterns are also scattered, some appearing as concentric circles with dots around them. A large, solid green circle is centered on the page, containing the text.

**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.**





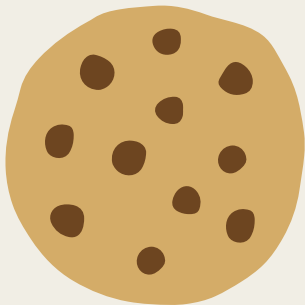



**Track food  
intake and try  
to keep to the  
recommended  
daily serves.**



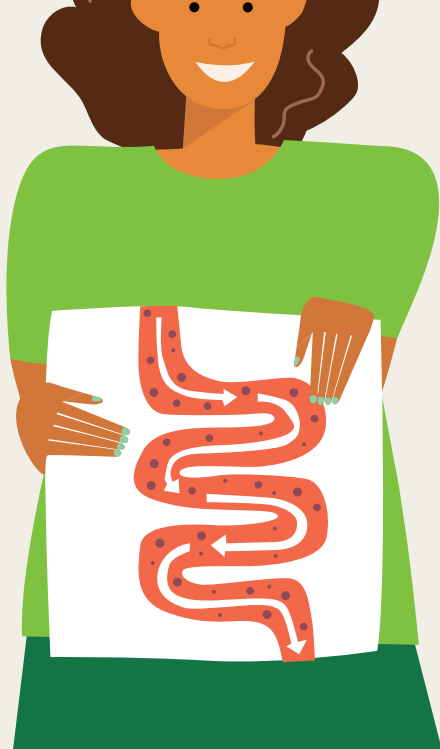


**Create healthy  
snacking habits,  
e.g. replace  
biscuit with  
apple.**





**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  
exercises.**





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



The background is a light green color. It features several stylized white hands of different sizes and orientations, some with fingers spread. Interspersed among the hands are circular patterns representing germs or viruses, each consisting of a central dot surrounded by concentric circles of smaller dots. A large, solid green circle is centered on the page, containing the text.

**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.**

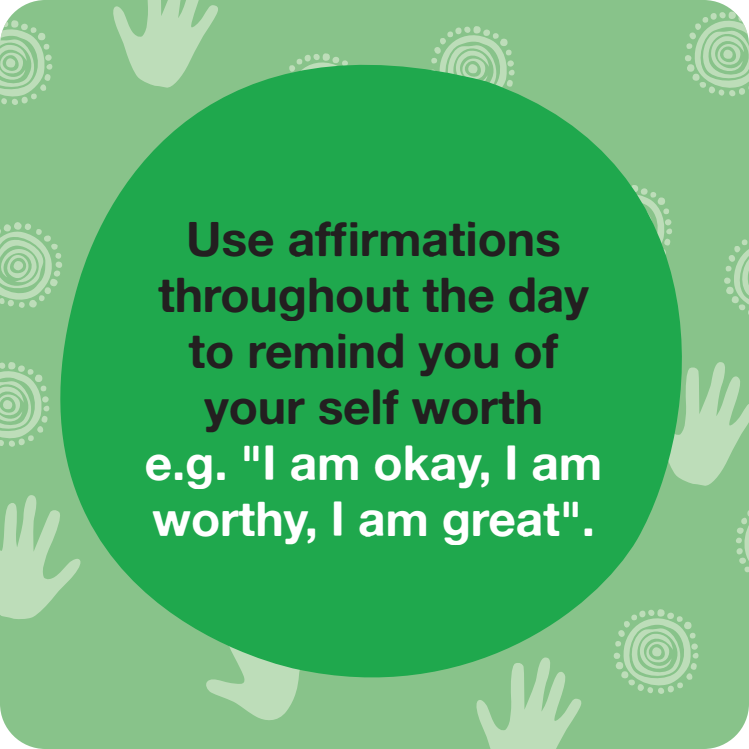


Hello



!?






**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 background is a light green color. It features several white, stylized hands of different sizes and orientations scattered across the surface. Interspersed with the hands are white circular patterns consisting of concentric dots, resembling a ripple effect or a stylized sun. In the center of the image is a large, solid green circle. Inside this circle, the text is written in a bold, black, sans-serif font.


**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.**

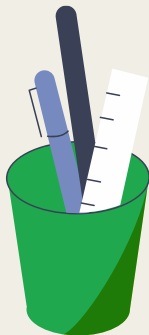





**Develop a daily  
and weekly  
schedule to  
maintain a  
routine.**

WEEKLY PLAN

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**Maintain a  
healthy diet,  
exercise and  
sleep regime  
for overall  
well-being.**




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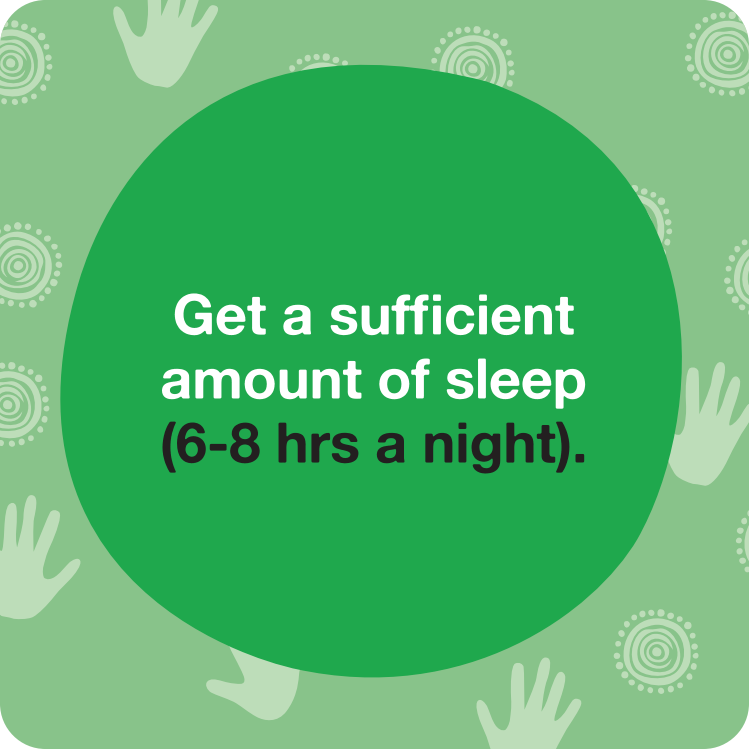
**Keep in touch  
with friends and  
family through  
social media and  
video apps or  
face to face.**





**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.**





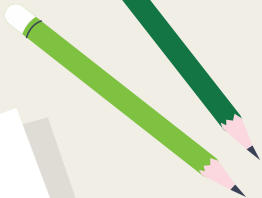
**Yarn to your  
children about how  
they are feeling,  
emotionally,  
mentally and  
physically.**





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

CHART





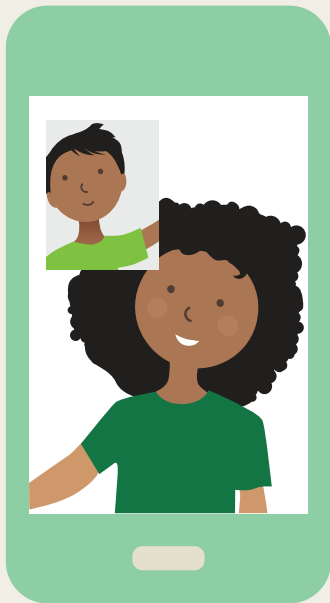
**Plan your childrens  
naps and bath time  
to create a routine.**








**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

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

