

MENTAL HEALTH FOCUS

SELF-CARE



Practising self-care helps take care of your mental health so you can enjoy the best parts of life and adjust to and grow through the challenging times. Here are some tips to help you get started:

- ✓ Give yourself time and permission to rest
- ✓ Move your body in enjoyable ways
- ✓ Practise deep/slow breathing
- ✓ Spend time in nature

If you're feeling overwhelmed or you haven't been feeling like yourself, it's important to ask for help, emotionally and practically. You can seek professional help from your GP, or contact us as your EAP Provider and speak to one of our professional and experienced counsellors.