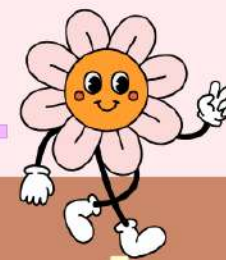
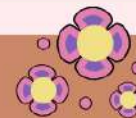
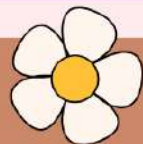


SEPTEMBER 2025



S

STOP

Take a moment to gently interrupt whatever you're doing. This doesn't need to be dramatic — just a small, conscious pause.

- Take a break
- Take a deep breath
- Box breathe for one rotation
- Find and engage in a sensory anchor

P

PAUSE & CHECK IN

Bring your attention inward.

Ask yourself:

- How am I feeling right now? (physically, emotionally, mentally)
- What do I need? (rest, movement, connection, hydration, space?)
- 30 seconds of honest check-in creates awareness that helps you care for yourself more intentionally.

A

ACTION SELF-CARE

Now, do one small thing that supports your wellbeing — something simple, kind, and doable in the moment.

Examples:

- Drink a glass of water
- Stretch or move your body
- Step outside for 1 minute
- Write or contemplate one thing you're grateful for in this moment
- Put on music you love

SELF-CARE MONTHLY



Lifeline - 13 11 14 (OR TEXT - 0477 13 11 14)

Beyond Blue - 1300 22 4636

Mindspot - 1800 61 44 34

Suicide Callback Service - 1300 659 467

Emergency Services (Fire, Ambulance, Police) - 000

Check out their websites for additional information and contact options.