

# APRIL 2025 SELF-CARE MONTHLY: TIPS & TRICKS

## Practicing Mindfulness:

Engage and focus on your 5 senses. (See, hear, touch, smell, taste)

Spend time identifying and acknowledging each sense

Acknowledge any differences you have noticed.

Acknowledge how you feel after practicing Mindfulness.

Examples of everyday events to practice using mindfulness: having a hot drink, eating a meal, taking a shower/bath, or brushing your teeth.



## Recharging your battery :

Taking time to pause, breathe, and disconnect from the hustle can help restore your mental energy. Whether it's a quiet walk, a few moments of mindfulness, or simply doing something you love, recharging your mental health is essential for staying balanced and focused. Remember, taking care of your mind isn't a luxury—it's a necessity.



## Box Breathing:

step 1 - Take a big breath in...

step 2 - Hold your full breath for 4 seconds...

step 3 - Release your breath...

step 4 - Hold your empty lungs for 4 seconds...

Step 5 - Repeat 4 times

## Being your own lawyer:

Where is the evidence for your negative thoughts?

Practice disputing them with "for & against" arguments.

Check out 'reframing thoughts' on google for more info if needed!



## Mindful Journaling:

Record on a scale from 1 - 10 (1 = worst, 10 = best) how your day started, and repeat at the end of the day.

Why did you give these ratings?

What could you do to change them to be higher on the scale if they were low?

What are the thoughts associate with these ratings?

Can you include 'being your own lawyer' when you write down your thoughts and how they contributed to your scale?



**If you or someone you know is struggling, please contact any of these free 24/7 services for help and information.**

[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.**

