



# JULY 2025



## Morning + Day

Wake your body up with gentle movement: yoga, walking, dancing, stretching, jogging, etc.

Prioritise eating something nutritional and delicious. Something you can get excited about that also fuels your body for the day ahead.

Make an achievable and personable goal or write an affirmation that you can return to and/or recite at any point.

Engage in having many 'mindful moments' throughout the day: as you eat breakfast, have a shower, and implement anywhere else in your daily movements - focus, engage, and acknowledge on your 5 senses individually and steadily.



## Evening + Night

Engage in any kind of exercise that suits you: Yoga, walking, dancing, running - something to get the blood pumping and produce the happy hormones.

Prepare or order a meal that you love. Keep a balance between healthy days and treat yourself days. It's okay to do both!

Prioritise a relaxing activity - tv series, movie, calm music, crafting, building lego, drawing, anything that helps you to unwind!

Reflect on 3 positive things about your day. Think about what you'd do again, and what you'd do differently.

End your day before sleep having a 'mindful moment'



# 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.