



NOVEMBER 2025



MONDAY

Start your week by taking 3 slow breaths and asking, “What do I need today?” Let that guide your day.

TUESDAY

While drinking your coffee, tea, or water, pause to notice the warmth, taste, and scent—let it ground you in the moment.

WEDNESDAY

Take 2 minutes to roll your shoulders, stretch your neck, and breathe deeply—reset your energy midweek.

SUNDAY

Before bed, place a hand on your heart and say one kind, encouraging thing to yourself—ending your week with love and kindness.

THURSDAY

Go for a short walk without your phone. Feel your steps, notice the sounds, and let your mind unwind.

FRIDAY

Before finishing your day, list 3 small things you’re thankful for—tiny moments count most.

SATURDAY

Spend 10 minutes doing something creative just for joy—doodle, bake, write, or dance, without worrying about perfection.

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,