

SELF-CARE

Self-care is about finding everyday activities that you can do to look after yourself. It doesn't have to take lots of time or money. Regularly looking after yourself will ensure you are also better able to look after others.



For
Parents/
Carers

How to fit self-care into your day

Family life is busy which can make it challenging to find time for self-care. Putting strategies in place can make this easier.

Some ways to do this include:

Self-care activity	Strategy
Daily movement 	<ul style="list-style-type: none">• Get your joggers out the day before• Dress in your activewear ahead of time• Book in a gym class
Reading 	<ul style="list-style-type: none">• Borrow books from the library or from friends• Have a comfy chair
Crafting 	<ul style="list-style-type: none">• Set up a desk or container that can be pulled out & packed away easily
Stretching 	<ul style="list-style-type: none">• Set a reminder on your phone to take a 5-minute break
Catching up with friends 	<ul style="list-style-type: none">• Schedule a regular time for a coffee or walk

Think about what other strategies you can put in place



For extra support

Head to Health - Mental health support service

Available Monday - Friday, 8:30am - 5pm (AET). Call 1800 595 212 or [click here for their website](#)

13YARN - Free crisis support service

Available 24/7. Call 13 92 76 or [click here for their website](#)



BeyondBlue - Brief counselling service

Available 24/7. Call 1300 224 636 or [click here for their online webchat option](#)

Pregnancy, Birth & Baby - Support and information service with child family health nurses

Available 7 days a week, 7am - midnight (AET). Call 1800 882 436 or [click here for their videocall option](#)

Get Healthy - Free telephone-based health coaching

Available Monday - Friday, 8am - 8pm (AET). Call 1300 806 258 or [click here for their website](#)



If you have any concerns about your child, contact your local [Child and Family Health Nurse](#), [Aboriginal Maternal and Infant Health Service \(AMIHS\)](#), or GP.



We acknowledge the traditional custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past, present and emerging.



Health
Hunter New England
Local Health District

Proudly supported by
GLENCORE



HNEkidshealth
Children, Young People & Families