



Self Care & Coping Strategies

Mindfulness Grounding Technique

This **5-4-3-2-1 technique** will help you to stay in the present and bring a sense of calm when you feel overwhelmed. All you need to do is look around the room and notice 5 things you can see, 4 things you can hear, 3 things you can touch, 2 things you can smell and bring to mind 1 thing that you are grateful for today.

Defusing Unhelpful Thoughts

Place "I notice that I am having the thought that" in front of your thought. e.g. "*I notice that I am having the thought that I am worthless*". The goal of this exercise is not to erase the thought, but to stop arguing with it. When you do that, it frees up mental space to focus on the present moment and distances you from your thoughts.

Self Care Ideas

Different strategies work for different people, so take a look at the list below and pick one or two things that you think might work for you:

- Move your body
- Ask someone you trust for support
- Spend time in nature
- Hydrate
- Get an early night
- Take a hot or cold shower
- Write down how you are feeling
- Engage in a hobby you enjoy
- Watch your favourite movie/TV show
- Hold onto something that comforts you
- Listen to calming music
- Spend some time alone
- Do something that soothes you (like having a hot cup of tea!)
- Light a candle

What has helped you in the past?

Cast your mind back to a time that you previously experienced difficult emotions. What did you find helpful at that time? Write down one thing that has helped you through a difficult time before that you can commit to doing now.



Where to go for Support

If you:

- are experiencing ongoing signs and feelings of distress
- do not feel like yourself
- feel that your mental health is impacting on your ability to function day-to-day
- are no longer enjoying the things that you normally enjoy

You do not have to go through this alone, there are endless resources and avenues of support out there. Please review and access the supports on this page, and speak to someone you trust about what you are going through.

For appropriate and professional advice, visit your GP practice and speak to a medical practitioner about exploring treatment options. If you are already seeing a mental health professional and feel that you need additional support, or that the support you are accessing is not working, seeing your GP and requesting alternative support is a great step to take. Sometimes it takes time to find the right fit and the right support type that works for you, and that is ok! Don't give up, there will be a support option out there that works for you.

In the event of an emergency/crisis please call 000 (Australia), 999 (UK) or 911 (USA).

Crisis Support

Australia: Lifeline

Phone: 13 11 14

Textline: 0477 131 114

Online Chat: www.lifeline.org.au

United Kingdom: Samaritans

Phone: 116 123

Email: jo@samaritans.org

Website: www.samaritans.org

USA: National Suicide Prevention

Phone: 1-800-273-8255

Website:

www.suicidepreventionlifeline.org

Other Helplines

Scan the QR code below or head to the website to access a Global Mental Health Directory and find helpful supports in your country:
www.checkpointorg.com/global

