

My Wellbeing

Tips to show kindness



1. Say please and thank you more often

Make an effort to say **please** and **thank you** to everyone. You'll be surprised at the positive response you get from such a simple act.

2. Send a handwritten letter

Instead of sending an email or a text, try sending a letter, even just a short note. Connecting in more personal ways can be especially important during these times of lockdown and isolation.



3. Tell someone why you are grateful to have them in your life

Expressing your gratitude to someone will make you and your loved one happier and boost your relationship!

For free Bushfire Counseling and Support, please contact
1800 001 068 (freecall) or bushfiresupport@rav.org.au.

My Wellbeing

Tips to stay healthy



1. Dance like nobody's watching

Whether it's a Waltz or Hip Hop, dancing gets your heart pumping and your blood flowing. You also get the added benefits of listening to music.



2. Lunchtime Break

At home, at work or in the paddocks? Take a break at lunch time, and look around you with tourist eyes.



3. Get creative in the kitchen

Try a new recipe, with a focus on fresh food. Search online for some ideas.



4. Grow your own fruit and veggies

They taste better than shop bought, it saves you money, and it gets you outside and active. What's not to love?

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My Wellbeing

Tips to continue learning



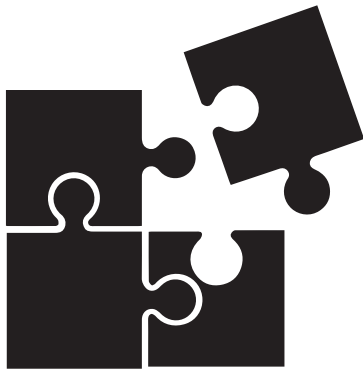
1. Explore Art Galleries or Museums online

One benefit of the world pandemic is that we can visit galleries and museums online for free. What about a visit to the Louvre or the British Museum? You can even visit Yosemite National Park. Use your computer's browser, and off you go!



2. Explore your family history

Start with your family tree – how many generations can you go back? The State Library and the National Archives are great places to start. Join your local Family History Group for support in getting started.



3. Do a Jigsaw puzzle

Do it alone, or as a family. Op shops are a good place to look, or try a jigsaw app on your phone or tablet.



4. Create something new

From baking bread to model planes, knitting to welding, creating something from scratch has a positive effect on your wellbeing.

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My Wellbeing

Tips to stay connected

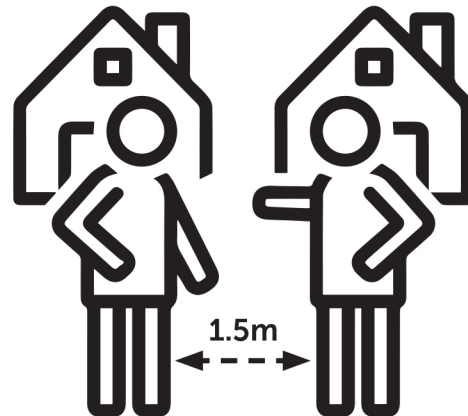


1. Call your friends and family

Why not video call instead of just speaking on the phone? Seeing someone's facial expressions can help increase a sense of connection. However, if a video call is not available then a voice call is always better than a text or email. Or try sending an old-fashioned letter or postcard.

2. Check-in on your neighbours

Think about how you can interact with others without putting yourself or others health at risk. Can you speak to your neighbours from over a fence? This way you can stay connected whilst physically distancing.



3. Spend quality time with the people you are living with

Use this time during restrictions to improve your existing relationships. Pull out a jigsaw puzzle, or sit and chat over a meal together.

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My Wellbeing

Tips to practice mindfulness



1. Practice mindful eating

Pay careful attention to the look, smell, taste and texture of your food. Make sure you eat slowly and savour every bite.



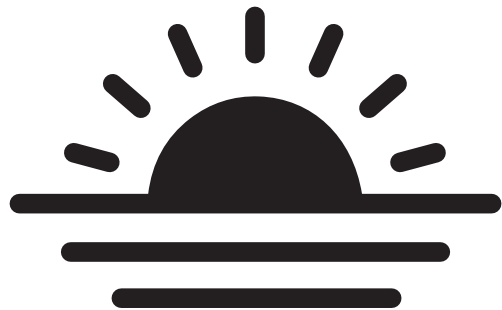
2. Play your favourite music

Put on your favourite music playlist and notice how it makes you feel.



3. Re-visit an old favourite

Re-read your favourite book, or re-watch a favourite childhood movie. See if it makes you feel the same way.



4. Watch the sun rise

Set your alarm and wake up with the sun. It's a great way to appreciate the beauty of nature at the beginning of your day.

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My Wellbeing

Tips to connect with the natural world



1. Enjoy a meal outdoors

Instead of sitting inside for lunch, take a chair or picnic rug outside and enjoy your meal whilst soaking up the sun and fresh air!

2. Try photography

Go outside and spend some time taking photos. You don't need a special camera to capture beautiful colours, textures and reflections.



3. Do some outdoor exercise

Exercising in natural environments can have positive effects on your self-esteem and improve your mood. Get outside and go for a walk, run or hike and take time to notice the world around you.



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