

# 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 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!

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# My Wellbeing

## Tips to continue learning



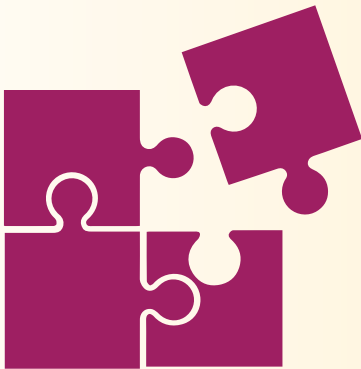
### 1. Explore Art Galleries or Museums online

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

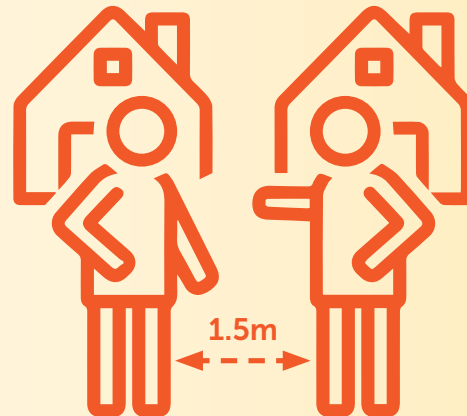


### 1. Call your friends and family

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



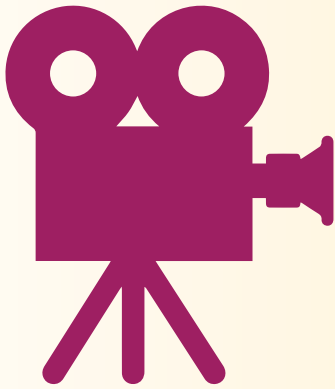
### 1. Practice mindful eating

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



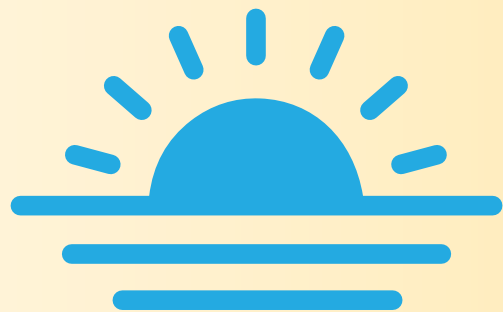
### 2. Play your favourite music

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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