

SELF CARE FOR BEGINNERS

Start small. Start with you.

Practical, everyday self care — especially if you find it easier to look after everyone else.



For many of us it's easier to step up for others than for ourselves — but looking after **YOU** is what keeps you able to look after everyone else.

START HERE

YOUR SELF CARE JUG

Think of self care like a jug of water. It needs enough in it for you to stay healthy — and enough spare to offer someone else a drink when they need one. That means consciously topping it up, a little, every day.

Emotional

How you feel, and being kind to yourself.

Physical

Moving your body and looking after it.

Nourishment

What you eat and drink each day.

Rest & relaxation

Sleep, downtime, and things you enjoy.



Some self care is everyday, like brushing your teeth. Some you do a few times a week for a bigger top- up. And some you save for when times are extra tough. Knowing which is which keeps your jug at a healthy level.

Three ways to top up your jug:

- Everyday habits
- Bigger weekly boosts
- Extra support when times are tough

CHECK IN

KNOW WHEN YOUR JUG IS RUNNING LOW

Just as important as what fills your jug is knowing what empties it — and spotting the early warning signs, so you can act before it runs dry.

What empties your jug

- Not eating well
- Drinking too much alcohol
- Time with someone who knocks your self-esteem
- Too much time on social media or screens

Warning signs to watch for

- Skipping your everyday essentials
- Not sleeping well
- Negative head-chatter (that nagging inner voice)
- Avoiding people, in person or online
- Feeling stressed for more than a day
- Being short-tempered with family and friends

Notice any of these creeping in? That's your cue to top up — before the jug runs dry.

Calling on your Self Care Superpowers

If the warning signs keep coming back, that's the time for extra self care — including reaching out. Asking for support is a strength, not a weakness.

Let someone you trust know what helps, and share your plan with them. For more support, **visit [alwf.org.au/support for options](https://alwf.org.au/support-for-options), or call Lifeline: 13 11 14.**

TAKE ACTION

NOTHING IS TOO SMALL

The trick is to schedule it in, so self care becomes your everyday norm. Here are some easy places to start — it's all a #wellbeingbooster.

EVERYDAY BASICS

Make the bed, have a shower, eat breakfast, drink plenty of water. The small stuff counts.

MOVE A LITTLE

A morning walk, some exercise, or a few gentle stretches most days.

WIND DOWN

Read before bed instead of screen time, and aim for lights out before 10pm on weeknights.

DO WHAT YOU LOVE

Music, drawing, gardening, singing, dancing, a hobby or sport — whatever lifts you.

CONNECT

Call or visit someone who makes you feel good. Time with a pet counts too.

TREAT YOURSELF

Watch a favourite comedian or show, or plan and cook a special meal.

You can't pour from an empty jug. Fill yours first.

Wellbeing Planner

Fill out this wellbeing toolkit planner and pop it somewhere you see it each day.

My everyday boosters:

The small things that help me feel my best e.g. set bedtime, morning shower



Things that make me feel good:

e.g. listening to music, spending time in the garden

How I'll nourish my body

e.g. cook a healthy meal, drink more water



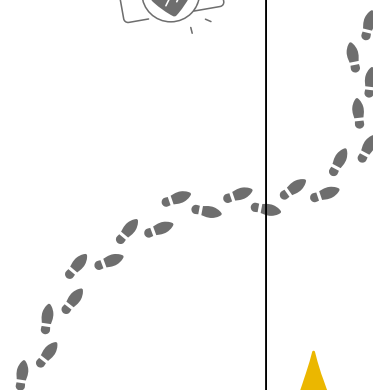
Ways I'll move my body:

e.g. a morning walk, stretching before bed



Emotional care I'll follow:

e.g. time to myself, talking to someone I trust



Social connections I'll make:

e.g. call a friend, attend my club meeting

Things I'll avoid (my wellbeing drainers):

e.g. late night screen time, skipping meals



Sometimes we need support from others to help keep our wellbeing positive.
Visit alwf.org.au/support for some suggested services and helplines.



Wellbeing Foundation