

SELF-CARE MENU

MENTALLY HEALTHY HABITS

SNACKS (5 MINUTE STRATEGIES)

Box Breathing (in for 4 – hold for 4 – out for 4)

Stretch at your desk or shake it out!

Listen to a favourite song

Write down 3 things your'e grateful for

Make a warm drink and drink it mindfully

ENTREES (10 MINUTE STRATEGIES)

Step outside for fresh air or sunshine

Listen to a guided meditation or body scan

Call or message a friend

Sketch, doodle or colour

Grounding exercise (pick a colour, 5-4-3-2-1 senses)



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MAINS (30 MINUTE STRATEGIES)

Yoga or gentle movement

Take a walk in nature

Read a book (fiction is ideal)

Power nap or rest with your eyes closed

Get creative (drawing, knitting, gardening)

MY PERSONAL FAVOURITES...

WA Mental Health Week 2026

mentalhealthweek.org.au

WA Association for Mental Health