

10 TIPS

for Looking After Yourself

THIS HOLIDAY SEASON

THERE IS ALWAYS HELP
It is ok to ask for help,
you don't have to
do it alone!



TAKE TIME FOR YOU

Stop, take a break and recharge your batteries. Recognise when its too much.



KEEP MOVING

Whether it be gardening, stretching or a bit of backyard cricket.



BE KIND

It makes you feel good.



BE THANKFUL

Reflect on the positives of the year that was, you will be surprised



SHARE YOUR FEELINGS

A problem shared is a problem halved.



BALANCE

Enjoy yourself! Eat, Sleep and Drink in moderation.



STAY COOL

Choose your times to be outside and drink plenty of water!



LAUGHTER IS THE BEST MEDICINE

Have fun and laugh till your (Santa) belly hurts.



CHECK IN WITH A MATE

Catch up with friends and family.



THE FESTIVE SEASON CAN BE A TIME OF JOY AND EXCITEMENT,

but it can also be overwhelming and one of the most stressful times. A year can bring its ups and downs, financial pressures and extreme weather conditions.

You may notice that you don't bounce back from a setback as you usually do or feel weighed down by your feelings. It is really important to remember that there is always help available even over the holiday break!

THERE IS ALWAYS HELP
It is ok to ask for help,
you don't have to
do it alone!

LIFELINE

13 11 14

lifeline.org.au

BEYOND BLUE

1300 224 636

beyondblue.org.au

KIDS HELP LINE

1800 551 800

kidshelpline.com

HEADSPACE

1800 650 890

headspace.org.au
(for young people)

DOMESTIC VIOLENCE CONNECT

1800 811 811

QLD 24 HR MENTAL HEALTH SUPPORT

1300MHCALL
(1300 642 255)

REMEMBER IN AN
EMERGENCY CALL **000**

Central Highlands Regional Council would like to sincerely thank all the dedicated community services that work so hard all year long to support the safety and wellbeing of our residents.

We hope they can take this opportunity to re-energise in readiness for another year.

OFFICE CLOSURES OVER THE FESTIVE SEASON:

Anglicare: Close 24 Dec and reopen on 2 Jan 2019

Centacare: Closed weekends & public holidays only

Emerald Neighbourhood Centre: Close 31 Dec & reopen 3 Jan.

Uniting Care: Close 21 Dec and re open 2 Jan.

