Deadly Tips to Stress Less

Make Time for Yourself

Have the Courage to Be Imperfect

Get Active Go Outside
- Get Some Fresh Air
- Go for a Walk
- Kick the Footy
- Get the Family Together and Have a Game of Touch

Safe Supervision

Go and Sit By
- The River
- Waterhole
- Or the Ocean

Take Time to Think

Have a Yarn
Talk About It

Close Your Eyes

Focus on Your Breath

Light a Candle, Have a Bubble Bath

Share Something That Makes You Laugh

Spend Time With People You Love

Listen to Your Favourite Music

Spend Time With Elders
Share Stories

Laugh Love Listen

Connect With the Land
- Go Back to Country
- Catch Up With Your Mob

Your Message Here