



## 5 Tips for Self Care

### "Self Care is Health Care"

- 1. Sleep** - Lack of sleep contributes to heightened anxiety, fatigue and lack of concentration just to name a few. Although it varies for some the recommended sleep time is 7 - 9 hours Talk - talking it out, gets it out. whether this be with a trusted person or professional councillor.
- 2. Meditate** - Science supports the benefits of this practice, it provides a resting place for the mind and an opportunity to gain clarity and understanding of your thoughts and emotions. Neuroscience tells us that actually naming what you're thinking as exactly that - a thought, lowers the energy in that part of the brain and increases the energy in the part that's just noticing.
- 3. Laugh** - Laughter is the best medicine. When we laugh there is a massive rush of feel good chemicals to our bodies that feels so good. If you are having trouble finding it. YouTube is a great resource for this.
- 4. Relationships** - Be mindful of the people you place yourself around, don't wait to be asked to go out or to catch up, you be the organiser and if people can't make it, don't take it personally.
- 5. Nature** - Being in nature has an immediate affect in lowering the our stress levels and clearing the mind.

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