

SELF CARE STRATEGIES

for people living with mental health challenges

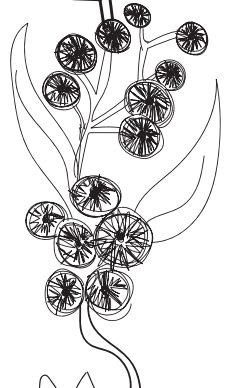
BY someone living with mental health challenges!

Mahlie Jewell is an artist, Art Psychotherapist and Lived Experience Advocate.

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**DOWNLOAD / PRINT OUT / COLOUR IN
CUT OUT / STICK UP / REPEAT!**



BE
who you are

START

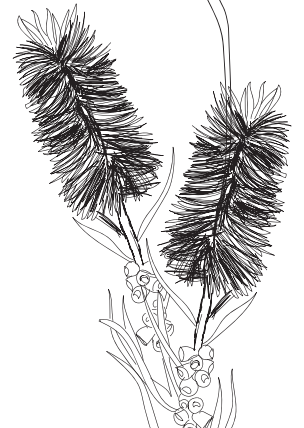
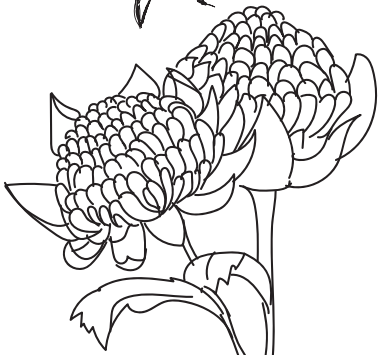
where you feel

USE

what you have

GIVE

what you can



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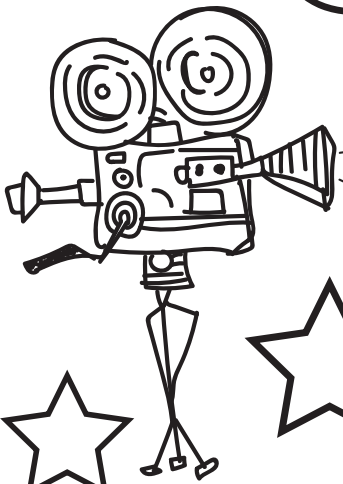
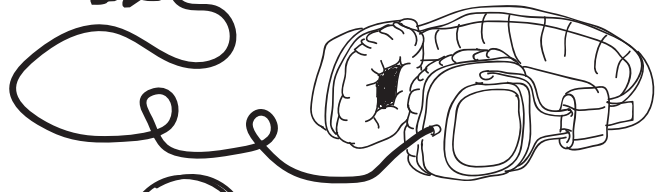
LAZY DAY

TALK IT OUT WITH A FRIEND



pet therapy

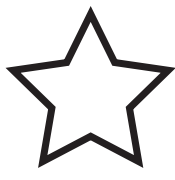
LIVE MUSIC NIGHT



MOVIE DATE



GIRLS NIGHT



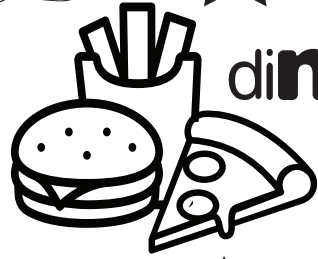
sleep in today



READ FOR FUN



be kind



dinner date



games

WRITE YOUR DREAMS DOWN

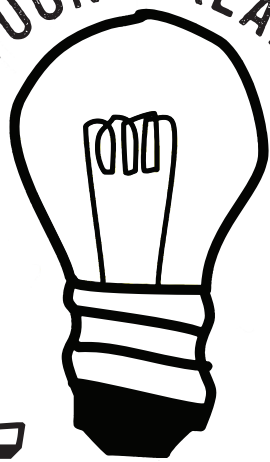


night

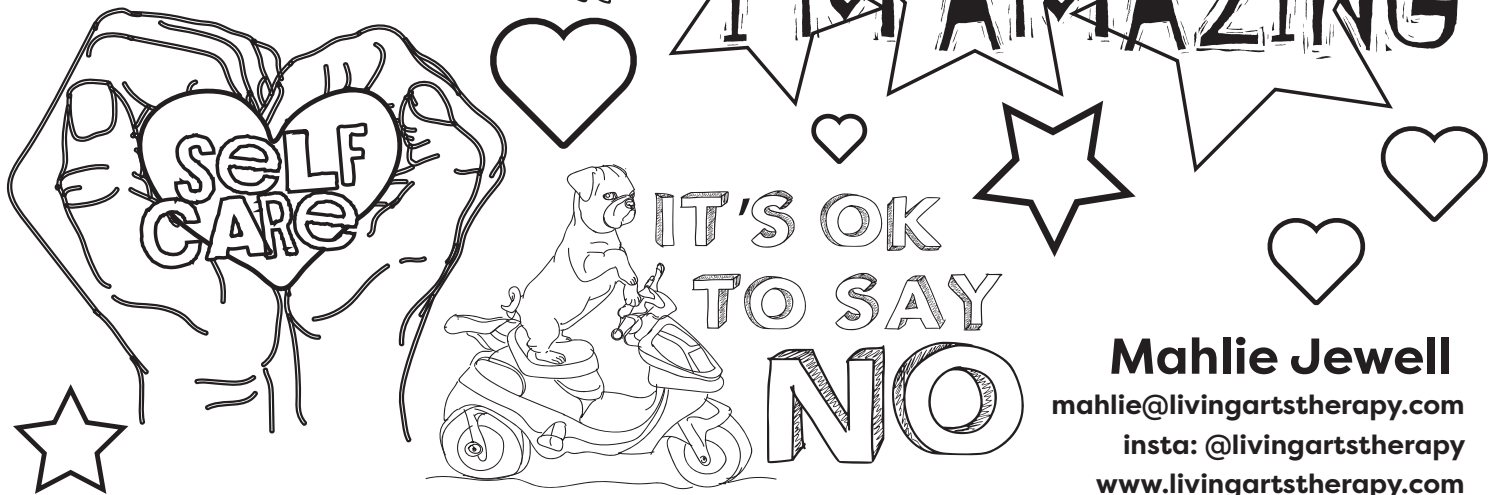
COMEDY DATE



TV TIME

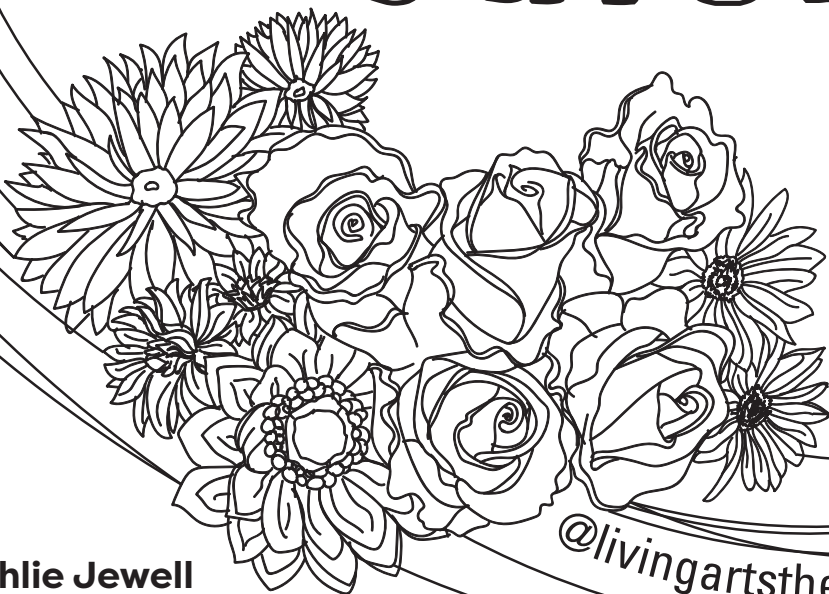


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please be gentle,
i am learning to
struggle
safely



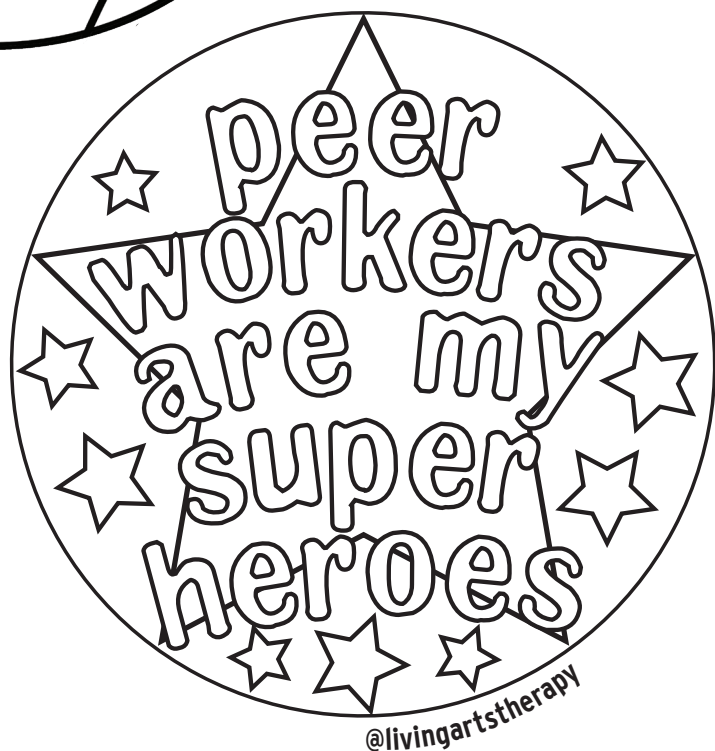
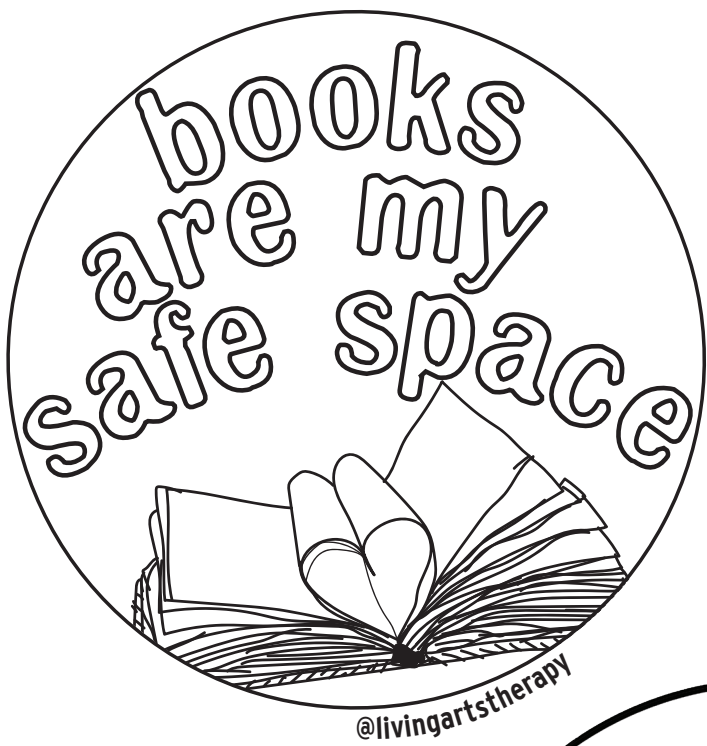
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self care

is not

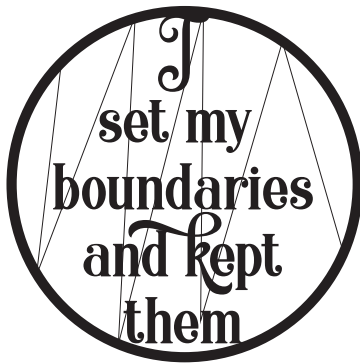
selfish

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A black and white line drawing of a rainbow with hands and stars. The rainbow is composed of several curved lines. Two hands are shown at the bottom, palms up, with a stream of stars falling from them. The word 'hopeful' is written in a large, bold, outlined font across the middle of the rainbow. The stars are scattered throughout the scene, particularly concentrated around the word and the hands.

hopeful