

STANDARD MENTAL HEALTH FIRST AID REFRESHER MY SELF-CARE PLAN



MENTAL
HEALTH
FIRST AID
Australia

Things I can do to support my physical self:

Things I can do to support my emotional self:

Things I can do to support myself at work or study:

Things I can do to support my relationships:

What negative strategies do I need to avoid?

What overall balance am I trying to achieve?