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Breathe

The NDIS process can be a long and difficult process. It can be a confusing and overwhelming time. To take care of yourself, think about how you can best keep yourself physically and emotionally strong when applying. There are many activities and strategies you can use and what works is individual – it can range from eating well, sleeping enough, practicing relaxation, such as breathing or yoga, exercising and allocating time for fun activities in your life. Think about what has kept you well in the past and be aware of what has made you feel stressed or unwell in the past. Ask yourself the question – what keeps me happy, healthy and safe? You may want to consider:

Take a Break – Check in with Your Body

Make a Self-Soothing Kit

Explore Meditation and Mindfulness

Join a Forum - Talk to Peers about our Experience

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