

Look after
YOU
Cut yourself some slack

When dealing with difficult circumstances and events, it's normal to feel out of your depth. Remind yourself that it is okay not to know how to solve a problem or handle the situation right away.

Try to be kind and understanding to yourself, in the same way you'd be kind to a friend in the same situation. Remember you are human.

Learn ways to look after you at thinkmentalhealthwa.com.au

