



# *Make a* **SELF-CARE PLAN**

Finding time for your own wellbeing might be hard – but nurturing yourself will keep you going, sustain your mental and physical health, and give you strength if you are navigating challenges or supporting others.

Take time to reflect on the ideas in this self-care plan.

Find a quiet moment to make your plan.

You could ask a friend or trusted advisor to help you write it.

Write your own answers to each question.

Be honest with yourself about what you need and what works for you.

Believe that you are worthy of receiving as well as giving. Name your needs then ask for them.

We have shared examples on each page to help you come up with ideas.

*“I learned a long time ago  
that the wisest thing I can  
do is be on my own side.”*

MAYA ANGELOU

Our resource was inspired by the Mental Health Foundation's Survival Plan  
– find it and many other great resources at <https://mentalhealth.org.nz/>



*WHAT'S  
HAPPENING?*

*Not getting  
enough sleep*

*Finding it hard  
to ask for help*


*Feeling  
irritable*

*Feeling lonely  
or isolated*

*Feeling  
overwhelmed*

*Not taking care  
of my health*

*Withdrawing from  
whānau and friends*



*These are all signs of  
burnout, so pay attention.  
Find ways large and small  
to give yourself a break,  
and look after yourself.*

*What are signs that tell me I should do more for me?*

*My whānau  
and friends*

*Things or people  
that bring peace  
and calm*

*Someone I love*

*A favourite  
activity or hobby*



**THE  
GOOD  
STUFF**

*My religion or  
spirituality*

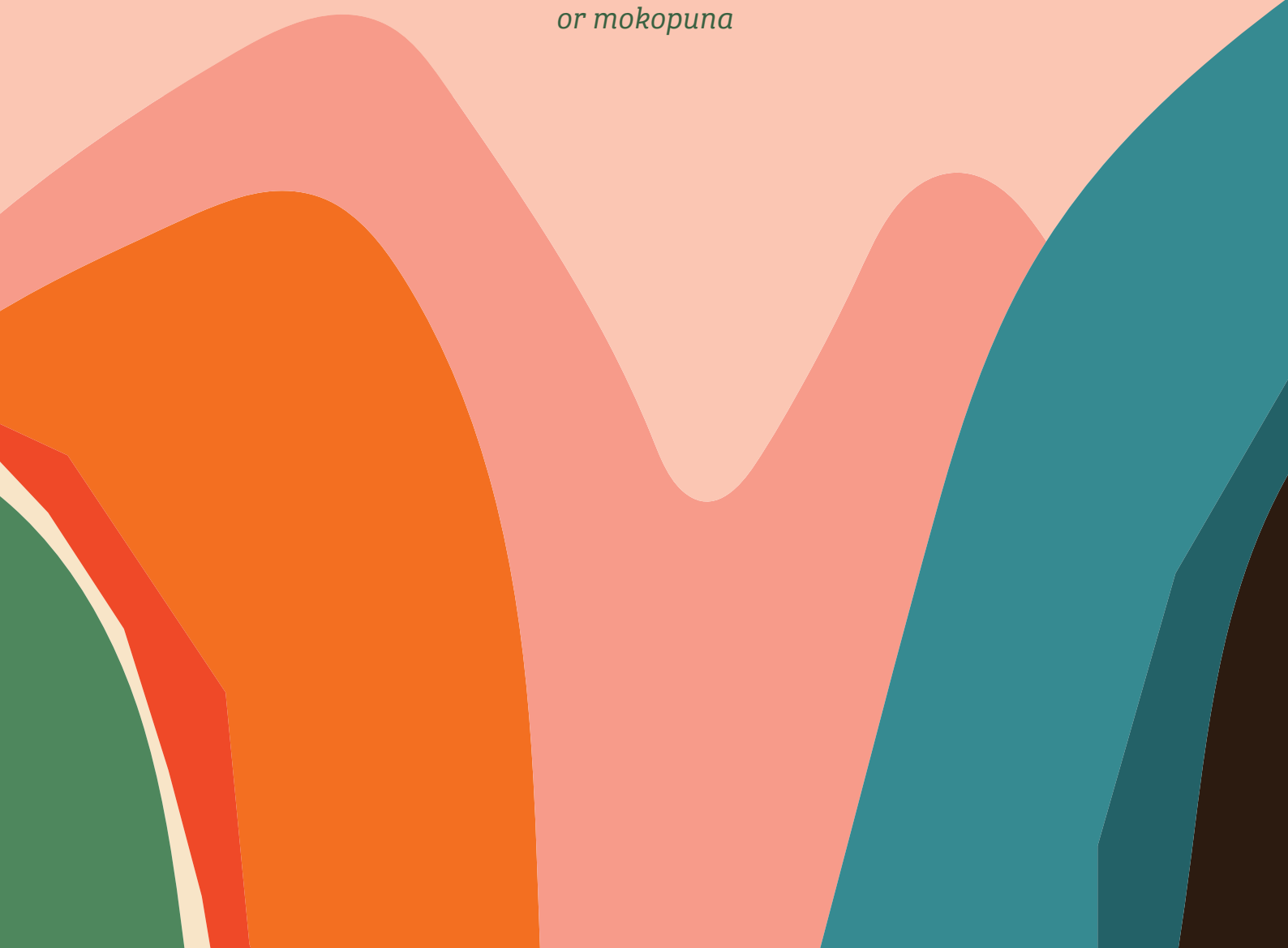
*Things I haven't  
done yet that I am  
looking forward to*

*Something I  
believe in*

*My pets*

*My children  
or mokopuna*

*My job or  
volunteer work*



*During tough times, what are the things that keep me going?*

*Go for a walk*

*Drink some water*

*Get into nature*

*Laugh*

*Listen to music*

*Do some exercise*

*Allow myself a treat*

*Play with a pet*

*Plan a break*

*Spend time with a  
favourite person*

*Just rest*

*Reflect in silence*

*Create something*

*Write a journal*

*Write down how  
I am feeling*

*Watch, listen to or read  
something uplifting*

*Have a cuppa*

*Take a shower  
or bath*

*Do some gardening*

**WHAT  
CAN I DO  
FOR NOW?**

**Download  
Carers NZ  
Time Out Guide**  
<https://bit.ly/3ouu8FV>

**Breathwork  
or meditation**  
*Try Anna Filliol's 5 minute  
meditations*  
<https://bit.ly/34s9krM>

*"Whatever you do, make sure it makes you happy."*

PAULO COELHO

*What are your favourite ways to feel good?*

*Call, text, email, or visit  
a favourite person*

*Say yes to outings  
and invitations*

*Spend time with  
my whānau*

*Explore courses  
or learning  
opportunities*



*Hang out in a  
public place like a  
café, library or a  
busy park*

*Spend quality time with  
yourself, just being*

*Write a letter*

*Join a group*

**Reach out –**

*Call Carers NZ and ask to  
be kept informed about its new  
WeConnect service. It's launching  
soon and will help to connect you  
with opportunities for fun, friendship,  
learning, and support – in your  
community, nationwide, or  
around the world!  
0800 777 797 or email  
[centre@carers.net.nz](mailto:centre@carers.net.nz)*

*"If you never try, you'll never know."*

## *Who's there to listen and talk to?*

*If you're working with a doctor, counsellor or peer support worker, write their details here too.*

*If you don't know who you can talk to, try phoning a helpline or counselling service:  
see our suggestions at the end of this resource!*

# Weekly Planner

**WHEN CAN  
YOU MAKE TIME  
FOR YOURSELF  
THIS WEEK?**

*Get in the habit of asking yourself 2 questions each day*

**When you get up:**

What am I going to do today for me?

**Before you go to bed:**





What did I do today for me?

## exercise physical activity

Aim for 30 minutes of physical activity each day. Look at your typical daily routines; you may already be getting more exercise than you think (vacuuming counts!)

## other time out

What other 'me time' can you fit in? A break can be anything that keeps you strong and well – anything that makes you feel good!

	REGULAR ACTIVITIES 	SOMETHING DIFFERENT 	REGULAR ACTIVITIES 	SOMETHING DIFFERENT 	TOTAL MINUTES
M					
T					
W					
Th					
F					
Sa					
Su					
TOTAL ME TIME					

# Nationwide Counselling Services

A range of advisory and counselling services are available in New Zealand. Many of these can be accessed by phone, text, or email. Don't feel alone if you're struggling – reach out for help.

1737	Free call or text 1737 to speak with a trained professional counsellor at any time 24/7. Free counselling service: depression, anxiety, suicidal thoughts, feeling down or overwhelmed. Highly recommended as first point of contact for callers seeking help.
Alcohol Drug Helpline	0800 787 797 or text 8681 (24/7); online chat at <a href="http://www.alcoholdrughelp.org.nz">www.alcoholdrughelp.org.nz</a> If you are concerned about your own or someone else's drinking or drug taking, the Alcohol and Drug Helpline can assist with information, insight and support.
Anxiety New Zealand	Helpline 0800 269 4389. Online therapy and Covid-19 help resources available. <a href="http://www.anxiety.org.nz">www.anxiety.org.nz</a>
Are You Ok?	Information about services that can help you if you are experiencing or witnessing violence, or want to change your own behaviour 9am – 11pm every day 0800 456 450
Depression Helpline	0800 111 757 or free text 4202 to talk to a trained counsellor for support or to ask any questions. <a href="http://www.depression.org.nz/contact-us">www.depression.org.nz/contact-us</a>
EAP Services	Employee Assistance Programme – providing practical assistance to employees when personal or work issues arise that may impact on their ability to do their job or affect their wellbeing (confidential counselling services across NZ and internationally). Freephone: 0800 327 669 <a href="http://www.eapservices.co.nz">www.eapservices.co.nz</a>
Gambling Helpline	24-hour Freephone: 0800 654 655 <a href="http://www.gamblinghelpline.co.nz">www.gamblinghelpline.co.nz</a>
Lifeline	0800 543 354 (0800 LIFELINE). Lifeline trained counsellors deal with many kinds of issues including psychological and emotional distress, financial and work issues, marriage and family/whānau problems and with callers who are lonely, ill, depressed or the victims of violence or abuse. Text 'Help' to 4357 <a href="http://www.lifeline.org.nz">www.lifeline.org.nz</a>
OutLine	All ages rainbow mental health organisation helpline 6 – 9pm 0800 688 5463 or <a href="mailto:info@outline.org.nz">info@outline.org.nz</a>
Rural Support Trust	Helpline 0800 787 254. Chat to someone who understands, because they've been there. <a href="http://www.rural-support.org.nz">www.rural-support.org.nz</a>
Salvation Army	0800 53 00 00. Supporting families and individuals in need with budgeting advice, food and clothing assistance, life skills programmes and other comfort and support. <a href="http://www.salvationarmy.org.nz">www.salvationarmy.org.nz</a>
Samaritans	0800 726 666. Confidential, non-religious and non-judgmental support to anyone who may be feeling depressed, lonely, or may be contemplating suicide. <a href="http://www.samaritans.org.nz">www.samaritans.org.nz</a>
SPARX	An interactive self-help online tool for young people with mild to moderate depression and anxiety: <a href="http://www.sparx.org.nz">www.sparx.org.nz</a> 0508 477 279 or free text to 3110
Suicide Crisis Helpline	0508 828 865 (0508 TAUTOKO)
Yellow Brick Road	(formerly Supporting Families in Mental Illness) 0800 633 522
The Lowdown	Support for young people experiencing depression or anxiety Text 5626 <a href="http://thelowdown.co.nz">thelowdown.co.nz</a>
Victim Support	0800 842 846. Free 24/7 support. <a href="mailto:nationaloffice@victimsupport.org.nz">nationaloffice@victimsupport.org.nz</a> <a href="http://www.victimsupport.org.nz">www.victimsupport.org.nz</a>
What's Up	0800 What's Up (formerly Kidsline) Free counselling service for tamariki and rangatahi. Mon - Sun 11am - 11pm. <a href="http://www.whatsup.co.nz">www.whatsup.co.nz</a> 0800 942 8787 <a href="mailto:whatsup@barnados.org.nz">whatsup@barnados.org.nz</a>
Youthline	Mental Health and Addictions Service. Youthline works with young people, their families and those supporting young people. Call 0800 376 633; Free text 234; Email: <a href="mailto:talk@youthline.co.nz">talk@youthline.co.nz</a> or online chat at <a href="http://www.youthline.co.nz">www.youthline.co.nz</a>

**In emergencies always phone 111**

**0800 777 797      [centre@carers.net.nz](mailto:centre@carers.net.nz)**