



09/09/2021

R U OK? DAY

Dear parents/carers,

My name is Natalie Shamir and I am the School Counsellor at Concord West Public School.



As we know, the world we currently live in is unpredictable and presents us with uncertainties about the future. It is important to remind ourselves to remain in the present moment, especially when thinking about future plans, as this can be both overwhelming and stressful. Reminding ourselves to take one day at a time and check in with each other, our friends, family, colleagues and anyone else that comes to mind is more important now than ever.

As some of you may be aware, today is **R U OK? Day**. R U OK? Day is all about starting conversations to check in and their website offers this simple guide on how to go about that:

1. **Ask**
2. **Listen**
3. **Encourage action**
4. **Check in**

They even have a role play on how to go about having such a conversation which is available on their website (see link below).

While this day comes around each year and is a wonderful reminder for us to check in with others and offer our time to listen, provide empathy for and support those closest to us, I encourage you all to check in as often as you like, as we are not limited to checking with others simply on this day. You may even want to check in with yourself and ask...R U OK?

Attached is a Self-care September guide which I encourage you all to, where possible, print out and stick on the fridge as a daily reminder to check in with yourself and prioritise your mental health and wellbeing as often as you can. For more child-friendly versions of the monthly released calendars please visit the following link <https://www.actionforhappiness.org/calendars>

For more information and resources on **R U OK? Day** please see the following link <https://www.ruok.org.au/>

Warm regards,

Natalie Shamir
School Counsellor

Self-Care September 2021

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Find time for self-care. It's not selfish, it's essential

2 Notice the things you do well, however small

3 Let go of self-criticism and speak to yourself kindly

4 Plan a fun or relaxing activity and make time for it

5 Forgive yourself when things go wrong. Everyone makes mistakes

6 Focus on the basics: eat well, exercise and go to bed on time

6 Give yourself permission to say 'no'

8 Be willing to share how you feel and ask for help when needed

9 Aim to be good enough, rather than perfect

10 When you find things hard, remember it's ok not to be ok

11 Make time to do something you really enjoy

12 Get active outside and give your mind and body a natural boost

13 Be as kind to yourself as you would to a loved one

14 If you're busy, allow yourself to pause and take a break

15 Find a caring, calming phrase to use when you feel low

16 Leave positive messages for yourself to see regularly

17 Notice what you are feeling, without any judgment

18 Ask a trusted friend to tell you what strengths they see in you

19 No plans day. Make time to slow down and be kind to yourself

20 Enjoy photos from a time with happy memories

21 Don't compare how you feel inside to how others appear outside

22 Take your time. Make space to just breathe and be still

23 Let go of other people's expectations of you

24 Accept yourself and remember that you are worthy of love

25 Find a new way to use one of your strengths or talents

26 Avoid saying 'I should' and make time to do nothing

27 Free up time by cancelling any unnecessary plans

28 Choose to see your mistakes as steps to help you learn

29 Write down three things you appreciate about yourself

30 Remind yourself that you are enough, just as you are

31



ACTION FOR HAPPINESS

Happier • Kinder • Together