

# SELF CARE STRATEGIES

for people living with mental health issues

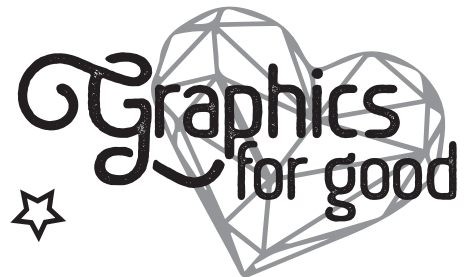
**BY someone living with mental health issues!**

Mahlie Jewell is a professional freelance graphic artist and National Lived Experience Advocate. Her freelance business, "Graphics for Good" works solely with the community services sector to increase the design standard in the NFP NGO sector. She is a co-design and campaign specialist who has partnered with many organisations to help promote strengths-based, recovery orientated products and promotional material.

[www.graphicsforgood.com.au](http://www.graphicsforgood.com.au)

instagram: [@graphicsforgood](https://www.instagram.com/graphicsforgood)

FB: [fb.com/graphicsforgood](https://www.facebook.com/graphicsforgood)

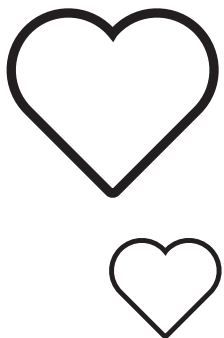


**DOWNLOAD / PRINT OUT / COLOUR IN  
CUT OUT / STICK UP / REPEAT!**

tea breaks matter!



one thing at a time



REMEMBER TO REACH OUT!

tea breaks matter!



don't forget to breathe!



don't forget to breathe!



therapy is important!

I'M AMAZING

copyright: @graphicsforgood

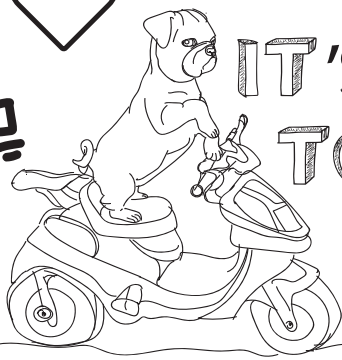
therapy is important!



I'M AMAZING



REMEMBER TO REACH OUT!



IT'S OK TO SAY NO



copyright: @graphicsforgood

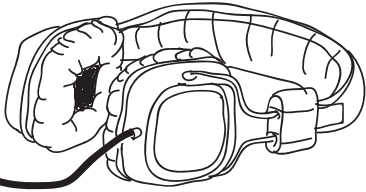
**LAZY DAY**

TALK IT  
OUT WITH A  
FRIEND

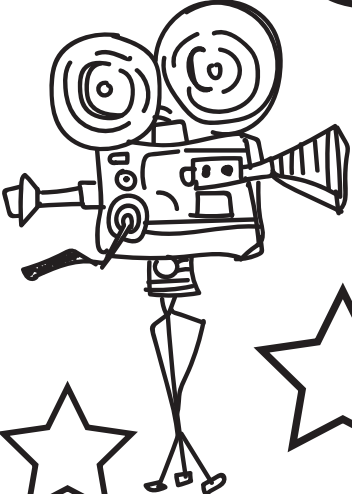


pet  
therapy

**LIVE MUSIC NIGHT**



**MOVIE  
DATE**

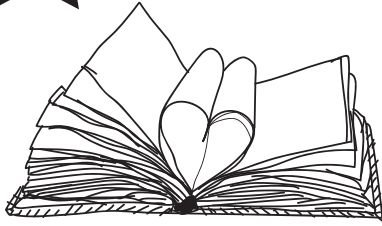


**GIRLS  
NIGHT**

sleep in  
today



READ  
FOR FUN



dinner  
date



*be kind*

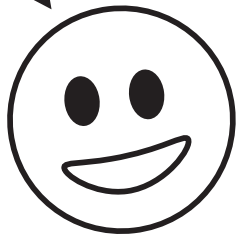
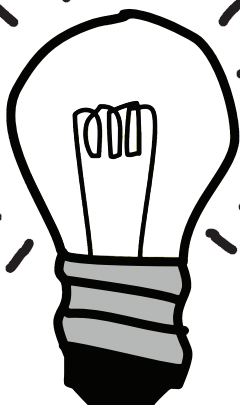


**games**



**night**

WRITE YOUR DREAMS  
DOWN



**COMEDY  
DATE**



**TV TIME**