

# Self-reflection and wellbeing



Relationships Australia®

VICTORIA

## TIP SHEET

**Are you feeling worn out? If so, it's a good time to check in with yourself and take stock of how you're feeling about different areas of your life.**

**This tip sheet gives some prompts for self-reflection, resources and simple actions that can help to support your wellbeing now and into the future.**

### Starting to self-reflect

Self-reflection can help you to understand yourself better, identify and regulate your emotions, known as emotional intelligence, and find strategies to manage challenges in your life.

Everyone is different and there is no 'right way' to self-reflect, so we're sharing a range of options to get you started.

You might want to make notes on the next page, write your thoughts down in a journal or a mobile phone app, have a conversation with a mentor, counsellor, or trusted friend, or simply consider the **questions on the following page** in your mind.

You can reflect on one question or all of them, read them in any order, and do the activity as many or as few times as you'd like.

Try and find a quiet space where you won't be interrupted and allow some time - even if it's just 5 minutes - as it's normal to feel a range of emotions while self-reflecting.

### Next steps: Resources and tips

Once you've considered the prompts on the following page, or you're ready to take some next steps, consider the following tips.

**Review your weekly/fortnightly calendar and add in one regular action that will benefit your wellbeing.** For example, regular meditation, daily exercise, time spent with a friend, or an activity that is life-giving for you.

**Have a conversation with key people in your life about how you're both feeling and the ways you can support each other.** If you find it hard to stick to your intentions, you could plan to check in regularly and share your updates with each other as a gentle way to support and keep each other accountable.

**Invest in your mental and emotional wellbeing.** This might be through regular meditation, yoga, self-reflection, relaxation activities such as music, art, or walking in nature; or personal spiritual practices such as prayer or contemplation.

**Organise any medical check-ups that may have been forgotten or put on hold.** It's important to visit a doctor regularly, even if you feel healthy, to make sure that you're maintaining a healthy lifestyle and to identify any early signs of health issues. Your doctor can also provide information about mental health treatment plans, which can help you to access support from a mental health professional.

**Make an appointment with a counsellor or psychologist for support.** If there's a wait list, you can also access free, telephone support and online resources immediately through organisations like Beyond Blue, the Black Dog Institute and headspace.

### Need more help?

You don't have to deal with things on your own.

To make an appointment to chat to one of our counsellors, visit [rav.org.au/counselling](http://rav.org.au/counselling)

**If you, or someone you know, is in danger, phone emergency services now on 000 (triple zero).**

For 24/7 crisis support, phone:

- Lifeline on 13 11 14
- SuicideLine Victoria on 1300 651 251
- Beyond Blue on 1300 22 4636
- MensLine Australia on 1300 78 99 78
- Kids Helpline on 1800 55 1800

To find other organisations that can help, visit [rav.org.au/resources/mental-health-services](http://rav.org.au/resources/mental-health-services)

# Self-reflection prompts

Ask yourself one or more of the following questions:



How is my physical health at the moment?  
What is one action that I can take today, this week or this month, to improve my physical wellbeing?



How is my mental health at the moment?  
What is one action that I can take today, this week or this month, to support my mental wellbeing?



Where am I happiest or most content?  
What activities are most 'life-giving' for me?  
How can I add more of these into my life?



Where are my 'safe spaces' and people?  
How can I add more of these into my life?



What parts of my life do I feel the most stressed or anxious about? How can I manage these or hold these more 'lightly'?



Do I need additional support?  
What support can I access?



What is something that I have done today, this week or this month, that I am proud of?



What is something that I am grateful for today, this week or this month?



Do I have any habits that I would like to let go of or change? What could I do differently that would better serve me?

## Notes

Write down any other notes, reminders or actions that you'd like to take.



We acknowledge the Aboriginal and Torres Strait Islander peoples as the Traditional Owners of the lands and waterways of Australia and we support Aboriginal people's right to self-determination and culturally safe services.