Small Refills Menu

Pick one on a low day, no thinking required

Tiny refills scattered through the day often help more than one big rest you never get to. Circle the ones that work for you, cross out the ones that don't, and add your own.

5 minutes

- ○ Cup of tea outside before pickup
- ○ One song in the car, windows down
- ○ Lie on the floor while the kettle boils
- ○ Text someone who makes you laugh

My own:

15 minutes

- ○ A walk around the block
- ○ A shower nobody interrupts
- ○ Phone a friend
- ○ Sit in the car and do nothing

My own:

An hour or more

- ○ Something you loved before kids or teaching
- ○ Coffee with a friend, phones away
- ○ A class, a swim, a garden
- ○ Ask for respite and actually use it

My own:

When a refill isn't enough, I will call

a person I trust

Lifeline 13 11 14 · 24/7
Beyond Blue 1300 22 4636 · 24/7
Emergency 000