

Self-Care Tips

A community outreach initiative by

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www.mad.ac.nz



1. Sunshine

15–25 mins 3–4 days per week.



Vitamin D is a precursor for Serotonin, the brains mood regulator

2. Nutrition

Eat a varied, nutritious diet.



Correct nutrition provides the necessary elements to support nervous tissue and function.

3. Exercise

Walk, run, dance, Just get moving.



It helps release nervous energy and endorphins which stimulate the brain's reward center.

4. Think Positive

Your home is your refuge not a prison.



Positive thoughts encourage more positive thoughts. Take a media break to escape the negativity.

5. Minimise Stress

Rest, breath work, meditate...



Chronic stress reduces the body's immunity so take practical steps to reduce it where possible.

6. Connect

Phone, Email, Video Call, Group Chat



Humans need social interaction to thrive, loneliness causes the same effects as stress.

7. Routine

Make a routine and stick to it.



Routine provides normalcy and structure while maintaining natural cyclic rhythms.

8. Environment

Tidy, Calm, Open, Bright, Interesting



Your surroundings influence your mood so decorate appropriately. Open curtains and windows.

9. Activity

Practise activities you are good at.



Mastery of activities makes you feel more in control, boosts self-confidence and pleasure.

Need Support?

Free Text or Call 1737
Lifeline – 0800 543 354 or free text 4357
Samaritans – 0800 726 666
M@D - 0800 OFF CAMPUS (633226)

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