



Recharge your batteries



When providing support to a loved one, it is important to allow time to recharge your own batteries and develop healthy habits by finding ways to maintain and support your own wellbeing.

Read through the list below to find things you can do to improve your health and wellbeing. Pick one or two activities that you can do regularly. Don't try to do everything at once.

1. Keep doing activities that are important to you (Schedule in time for hobbies like drawing/ painting, playing an instrument, journaling, gardening, or reading).
2. Get regular exercise (consider going for a nature walk, playing a sport, jogging, swimming, walking with your dog).
3. Eat well.
4. Keep in touch with friends and family.
5. Find a space where you can be yourself. It might be doing an activity you love or making sure you have some time alone.
6. Make a regular time to gather your thoughts and recharge.
7. Do something you enjoy.
8. Celebrate good times and small improvements.
9. Say 'yes' when help is offered.
10. Be kind to yourself. Expect to have mixed feelings about what your partner is going through, and do not judge yourself harshly for having these feelings.
11. It's ok to say "no" sometimes when people ask for your help - let them know if you need time for yourself.
12. We all need help at times. Get help when you need it.

To access DMFS support services or products:



1800 624 608



MemberAndFamilyHelpline@defence.gov.au



www.defence.gov.au/adf-members-families



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