



Our stories matter: Self-care planning for sharing your lived and living experience publicly

A self-care plan helps you to identify your own personal practices that help you maintain your wellbeing. Self-care looks different for everyone and can involve physical, emotional, social, mental and spiritual practices. Doing a mix of self-care activities supports our wellbeing across various areas of our lives.

When engaging in opportunities to share your lived and living experience of suicide publicly, you may need to increase the time spent engaging in self-care activities or think differently about how you can maintain your wellbeing.

This resource includes some ideas about the different areas of self-care you may want to

engage with, examples of self-care activities you might use (you will also have some of your own), and a template to help you plan how to maintain your wellbeing during the storytelling experience.

Remember that your self-care plan is just for you. No one else needs to read it, so fill it in with the activities that work for you.

This document is part of a suite of resources developed to support people with a lived and living experience of suicide to share their stories safely. Learn more by visiting: mindframe.org.au/our-stories-matter



Thinking about self-care

Physical

- Rest and sleep
- Movement or exercise you enjoy
- Eating balanced meals
- Looking after your physical health as needed or getting regular check-ups
- Avoiding excessive alcohol.

Mental

- Taking time for yourself
- Attending a psychology or counselling session
- Taking medication as prescribed
- Trying something new or learning a new skill
- Writing your thoughts in a journal
- Reading a book.

Emotional

- Remind yourself of your accomplishments, big or small
- Doing activities that bring out your playful and silly self
- Doing something just because it brings you joy
- Allowing time to sit and acknowledge how you are feeling
- Taking time away from media, including social media
- Listening to music.

Thinking about self-care (continued)

Spiritual

- Spending time in nature
- Praying or attending religious services
- Meditation practices
- Doing activities that make you feel connected to the people and places around you
- Watching the stars.

Social

- Catching up with a friend
- Volunteering if you feel ready to do so
- Speaking to someone you love
- Placing boundaries on a relationship that might be challenging
- Joining a club or a group, in person or online
- Taking part in a local initiative, such as a charity walk or fun-run
- Allowing yourself space from socialising if needed.



Your self-care plan for storytelling

What are my daily self-care activities I need to do?

(Even on the days when I am sharing my story)

“I find getting out in the fresh air helps me clear my head so much.”

Mindframe Lived and Living Experience Working Group member

Things I do before I share my story to promote my wellbeing:

“I brought my bestie to the interview and just knowing they were there for me if I needed calmed my anxiety so much.”

Mindframe Lived and Living Experience Working Group member

**Do I want to bring a support person with me while I share my story?
If yes, who might that be?**

Your self-care plan for storytelling

“My story’s so painful but I know telling it helps people so I allow myself to become emotional and, knowing this, I find helps when I or if I do become emotional. I am comfortable in my emotion.”

Mindframe Lived and Living Experience Working Group member

After I share my story, I am going to look after myself by:

If I become upset or distressed while sharing my story, things that help me are:

“I know I am an introvert by nature and after sharing my story, I allow myself the time alone I need to get back into my rhythm.”

Mindframe Lived and Living Experience Working Group member

Your self-care plan for storytelling

Are there any considerations I need to be aware of that will impact my ability to engage in my self-care activities?

“I always make sure I know where I can find a quiet place if I need it, even when I am away from home.”

Mindframe Lived and Living Experience Working Group member

My emergency people and contacts, if I need them, are:

“For me a huge part of self care is being self aware and being OK to be not OK if I feel I need to be. This is my path and I know what I need to do.”

Mindframe Lived and Living Experience Working Group member