



Holiday Toolkit

Reflect, refresh, reset

mymirror.com.au

Body Scan Exercise

The body scan is a mindfulness exercise that helps you focus on physical sensations, promoting relaxation, reducing stress, and improving sleep.



Settle In

Sit or lie down comfortably, close your eyes, and take a few deep breaths to relax your body and mind.



Scan from Feet to Head

Slowly bring your attention to different parts of your body, starting at your feet and moving upward, noticing sensations like pressure, warmth, or tension.



Pause at Key Areas

Focus briefly on your legs, torso, shoulders, arms, and face, observing any sensations without judgment.



Finish with Your Breath

End by tuning into your breathing, noticing its rhythm and how it feels throughout your body. Open your eyes when ready.



Practicing Self-Care

Go for a walk
in nature

Practice deep
breathing

Watch your favourite
holiday movie

Hydrate and nourish
your body

Prioritise connection
with loved ones

Practice
self love and
affirmation

Grounding through senses

5-4-3-2-1 Technique



5 things you can see:

Name five things around you.



4 things you feel:

Notice textures or sensations.



3 things you hear:

Identify three distinct sounds.



2 things you smell:

Find two scents or recall them.



1 thing you taste:

Focus on the taste in your mouth.

Mental Grounding

123

Count backward:

Start from 100 and count down by 7s or 3s.



Positive affirmations:

Repeat grounding phrases like, "I am resilient," or "I have the tools to navigate this"

ABC

Alphabet categories:

Pick a category (e.g., animals, colours) and name one item for each letter of the alphabet.

Book a Session with a My Mirror Psychologist

The holiday season can bring both joy and stress

It's important to take care of your mental well-being during this time.

My Mirror has available psychologists over the holidays to support you.

If you feel you need someone to talk to

Or want professional support during this period, you can.

Get Matched with an available My Mirror psychologist at www.mymirror.com.au/get-matched.

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Additional Support Resources

If you're navigating difficult emotions or situations this holiday season, there are various trusted services ready to help:



Immediate Support

- **Lifeline:** For immediate emotional support - 13 11 14.
- **Beyond Blue:** Mental health support - 1300 22 4636.
- **Suicide Call Back Service:** Suicide support - 1300 659 467.
- **Butterfly Foundation:** Eating disorders & body image - 1800 33 4673.



Specialised Support

- **Drug and Alcohol Helpline:** Substance use support - 1800 250 015.
 - **Kids Helpline:** Support for young people aged 5-25 - 1800 55 1800.
 - **1800 RESPECT:** Domestic & family violence - 1800 737 732
 - **MensLine Australia:** Emotional & relationship support – 1300 78 99 78
 - **Bravehearts:** Child sexual assault support – 1800 272 831
 - **GriefLine:** Support for grief & loss – 1300 845 745
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Please Ignore

Old working concepts I've been pulling elements from



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Wellness Guide

REST, REFLECT, REFRESH

hello@mymirror.com.au | 02 9090 4730

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