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## Breathe

The NDIS process can be a long and difficult process. It can be a confusing and overwhelming time. To take care of yourself, think about how you can best keep yourself physically and emotionally strong when applying. There are many activities and strategies you can use and what works is individual - it can range from eating well, sleeping enough, practicing relaxation, such as breathing or yoga, exercising and allocating time for fun activities in your life. Think about what has kept you well in the past and be aware of what has made you feel stressed or unwell in the past. Ask yourself the question - what keeps me happy, healthy and safe? You may want to consider:



**Take a Break - Check in with Your Body**



## **Make a Self-Soothing Kit**



**Explore Meditation and Mindfulness**





### Join a Forum - Talk to Peers about our Experience

[Recovery Forum](#) [Mental Health Forum](#)



Join a forum to connect with others who are experiencing similar challenges. You can discuss your experiences, share your thoughts, and get support from others who understand. These forums are a safe space to talk about your experiences and get help from others who have been through similar experiences. **NDIS** provides a range of services to help you manage your mental health and improve your quality of life. You can find more information about our services on our website.

[Recovery Forum](#)

[Mental Health Forum](#)

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