

# THE LITTLE BOOK OF INSPIRATION



POWERINGUP

 **Flagstaff**  
GROUP

## CONTENTS

## PAGE

HEALTHY FOOD	3
REDUCE STRESS	5
MOVE YOUR BODY	6
RELATIONSHIPS	9
CYBER SAFETY	10
SHOW ME THE MONEY	11
GET BACK TO NATURE	13
HAIR AND BEAUTY	14
STYLING	15
CREATIVE OUTLETS	17
MEMORIES	18
WELLNESS TRACKER	21
CONTACTS	23

*This booklet has been designed with you in mind. We hope you find the information useful. For further information visit Flagstaff's training website at [www.flagstaffonline.com.au](http://www.flagstaffonline.com.au).*



# HEALTHY FOOD

*Eat well, feel well.*



Grains and Rice



Vegetables, Nuts and Beans



Meat, Fish and Eggs



Dairy

# SPECIAL OCCASIONS



Fruit



Treats



*Inhale the future. Exhale the past.*

# REDUCE STRESS



Reduce worries. Go for a walk



Create a sense of calm. Meditate



Relax and regulate emotions.  
Read a book.



Improve concentration and  
productivity. Try mind games.



Connect with others.  
Catchup with friends



Enjoy better sleep

# MOVE YOUR BODY

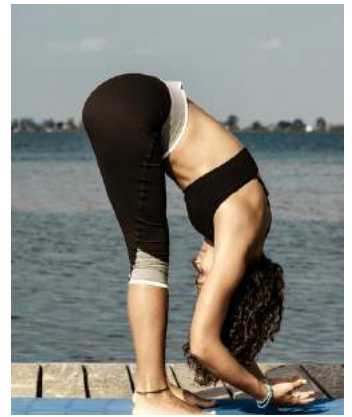
## *Yoga Poses*



Tree Pose



Warrior Pose



Ragdoll Pose



Cobra Pose



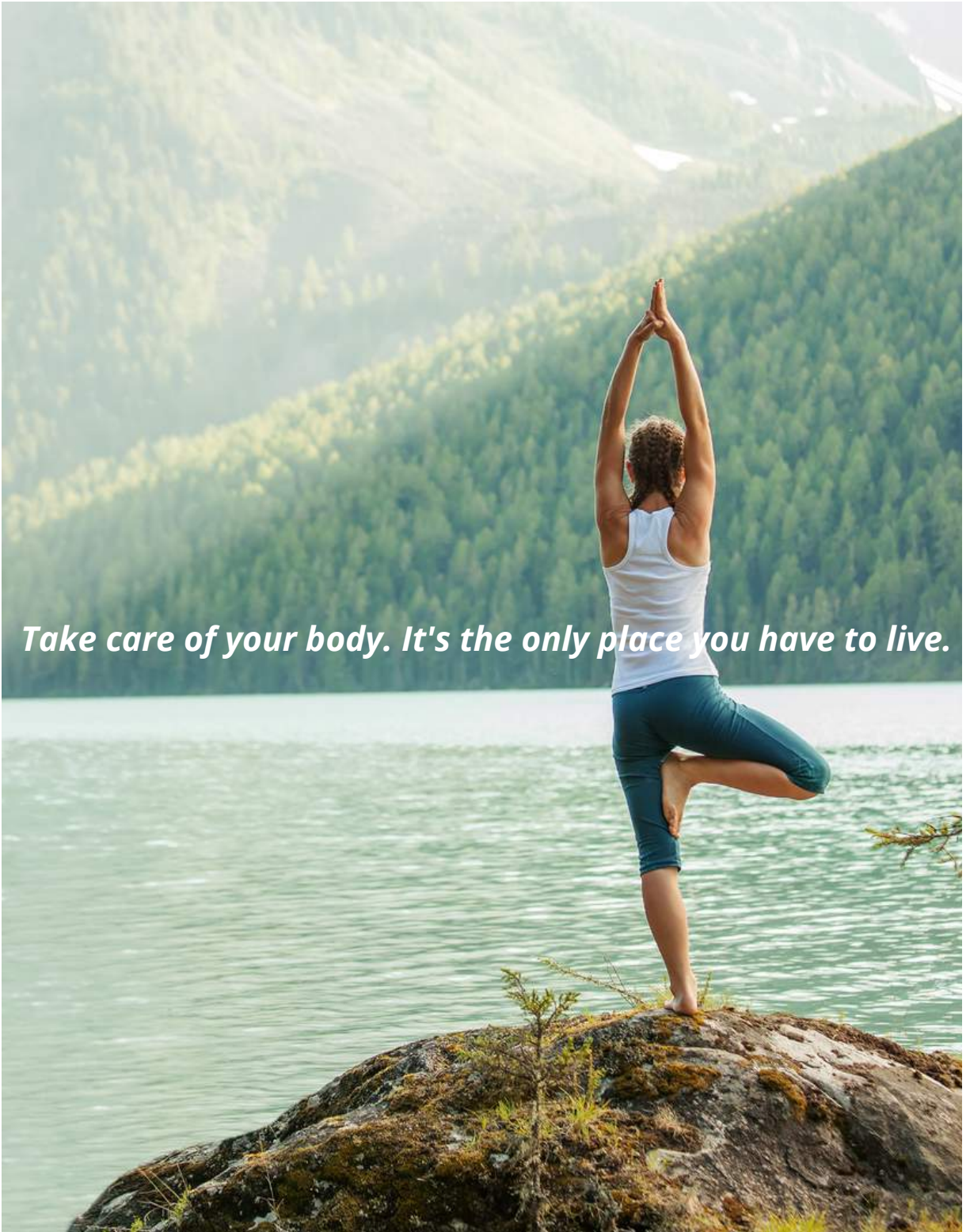
Bridge Pose



Child Pose



Star Pose



*Take care of your body. It's the only place you have to live.*

A photograph of a man and a woman sitting on a rocky mountain peak, looking out over a vast, dense green forest. The man is wearing a black t-shirt and the woman is wearing a white tank top. The text "Take the time to stay connected..." is overlaid in the center of the image.

*Take the time to stay connected...*



# RELATIONSHIPS



Consent - yes or no?



Stay connected - communicate and show interest



Block people that cause you stress.



Who's your top 5 people?



Is it a red flag?  
Call it out!

# CYBER SAFETY



Don't post personal information online



Think about photos you post or send



Never give our passwords



Keep your privacy settings high



Never meet people you met online by yourself

# SHOW ME THE MONEY



Everyday spending



Rainy day saving



One day saving for something special



Reduce credit card and loan debt



Get advice



Learn to budget

A photograph featuring a close-up of green, leafy plants in the foreground. The background is a soft, out-of-focus bokeh of warm, golden-yellow and orange lights, creating a serene and calming atmosphere. The text is centered in the middle of the image.

*Appreciate your surroundings...breathe...*

# GET BACK TO NATURE



Go for a bushwalk



Plant herbs



Grow your own vegetables



Make a flower garden

# HAIR AND BEAUTY



Cleanse



Tone



Exfoliate



Moisturise



Sunscreen



Suds Up

# PRODUCT EXPIRY



Mascara - 3 months



Foundation - 6 months



Lipstick - 1 year

# STYLING



Know your colour



Recycle and upcycle



Wear something that makes you smile



A stack of four colorful pencil sharpeners (orange, blue, yellow, and teal) is shown against a light background. The sharpeners are surrounded by a cloud of colorful confetti and pencil shavings, suggesting a creative and festive atmosphere. The text "Get busy and create!" is overlaid in the center of the image.

*Get busy and create!*



# CREATIVE OUTLETS



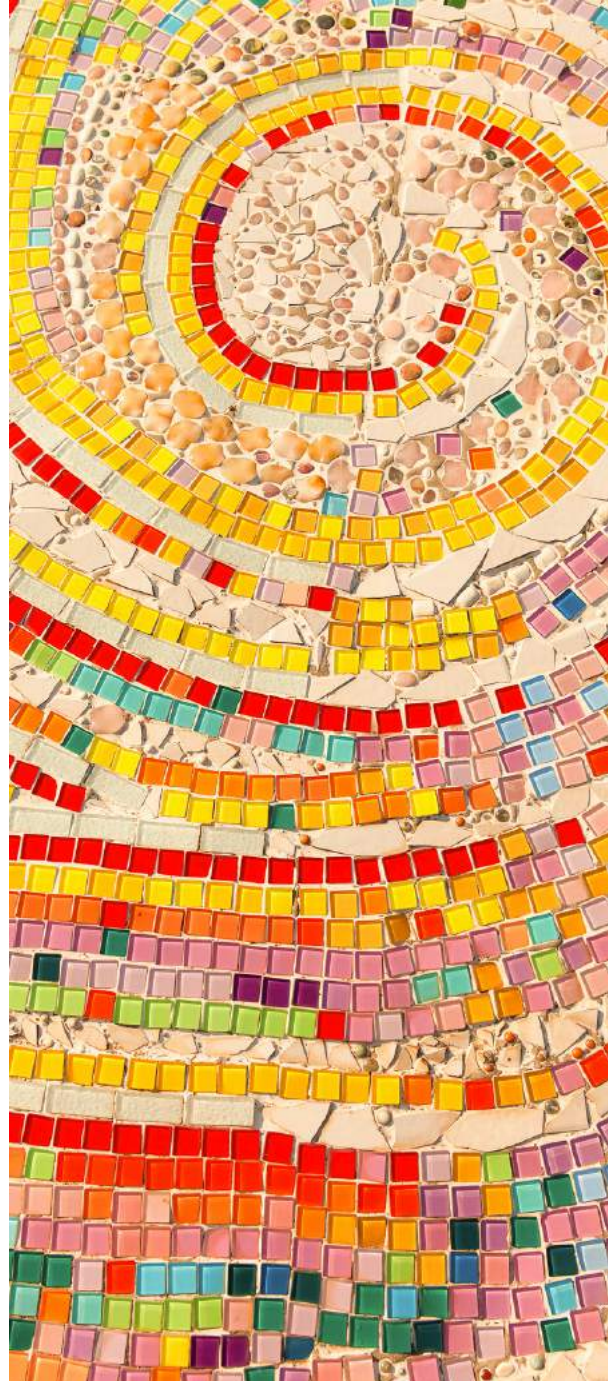
Paint the afternoon away..



Listen to some tunes



Crochet or knit



Try mosaics

# MEMORIES







# WELLNESS TRACKER

## GOALS

What do I want to achieve?

1.	2.
3.	4.
5.	6.

## FEELINGS

How am I feeling today?



How can I improve the way I feel?

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## RECONNECT

Today I will reconnect by... (circle one or more)

- Yoga
- Meditation
- Mindfulness
- Relaxation
- Other

## FOOD CHOICES

The healthy food choices I'm making today are...

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## MY MANTRA

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***You have to take care of yourself before you  
can take care of others...***

# CONTACTS

Domestic Violence Crisis Line | 1800 656 463 (24 hours)

Illawarra Women's Health Centre | (02) 4255 6800

Shoalhaven Women's Health Centre | (02) 4421 0730

Rape and Domestic Violence Services | 1800 211 028 (24 hours)

Police - Wollongong Lake Illawarra | (02) 4232 5599

Police - Nowra Police Station | 02 4421 9699

Wollongong Women's Centre | (02) 4228 1499

CHAIN Youth Health Service (12- 25 years old) | (02) 4226 5816

Men's Referral Service | 1300 766 491

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