

Self-Care Toolkit

<https://mensline.org.au/mens-mental-health/self-care-toolkit/>

Better Sleeping

Goal Setting

Progressive Relaxation

Setting Boundaries

Structured Problem Solving

Anger Management Toolkit

<https://mensline.org.au/how-to-deal-with-anger/anger-management-toolkit/>

Anger Diary

Being Aware of Your Payoffs

Drawing About Your Anger

Identifying Other Emotions

Safe Steps Time Out

Self-Evaluation

Working with Self Talk

Write About Your Anger

Communication Toolkit

<https://mensline.org.au/relationship-advice-for-men/communication-toolkit/>

Awareness of communicating patterns

Communicating boundaries

Conflict management

Strengthening the relationship with the separated parent

Using 'I' statements

What do you want from your relationship with your partner?