

# Self-Care Plan: Aged Care Team

Insert your name

Caring for others can be rewarding. However, staff working in aged care look after many people who die. You might find this loss hard to accept. You might find it hard to sleep, no longer enjoy your work, or feel tired. This can affect you and your family. Self-care is what we do to maintain balance in our life.

A self-care plan based on what you like to do can help. We have suggested a few things that you could try, but what you choose will depend on you.

## Workplace self-care - Activities to help you at work

Some examples

**Regular** meetings with supervisors or a more experienced colleague

**Join a support** group with the people you work with

**Attend** training programs

**My Activities:**

## Physical self-care - Activities that help you to stay fit and healthy

Some examples

**Develop** a regular sleep routine

**Aim** for a healthy diet

**Take** lunch breaks and go for a walk

**Get** some exercise before/after work regularly

**My Activities:**

# Self-Care Plan (continued)

## Psychological self-care - Activities that help you to feel clear-headed and able to engage with workplace and personal challenges

Some examples

**Keep** a reflective journal

**Seek** regular meetings with supervisors or a more experienced colleague

**Turn off** your email and work phone outside of work hours

**Make** time to be with friends and family

**My Activities:**

## Emotional self-care - Allowing yourself to safely express your emotions

Some examples

**Develop** friendships that are supportive

**Write** or think of three good things that you did each day

**Play** a sport and have a coffee together after training

**Talk** to your friends about how you are coping with work and life demands

**My Activities:**

Adapted with permission from ReachOut Australia

## Self-Care Plan (continued)

### Spiritual self-care - Develop a sense of perspective beyond the day-to-day of life which can include religion, but it is not always about religion

Some examples

**Engage** in reflective practices like meditation

**Go** on walks to connect with nature

**Go** to church/mosque/temple

**Do** yoga

**My Activities:**

### Relationship self-care - Maintain healthy, supportive relationships, and ensure that you are not only connected to work people

Some examples

**Prioritise** close relationships in your life eg, with partners, family and children

**Attend** the special events of your family and friends

**Arrive** to work and leave on time every day

**My Activities:**

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