

Self-care plan: Aged care team

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

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: Allow 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:

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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 e.g. 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: