

Wellbeing for the Bush

SELF-CARE

As a health worker, it may be challenging to find the time to put yourself first but it's important to remind yourself that you cannot pour from an empty cup. This resource defines self-care, and provides some ideas for simple activities or practices that you can use regularly to help to reduce stress and enhance your overall health and wellbeing.

As health workers we are used to caring for others, but sometimes the last person we care for is ourselves. It's often the first thing to go when we are busy and under stress, but self-care is essential to helping us stay healthy.¹



What is self-care?

- Self-care refers to the activities that we do on a regular basis to maintain and enhance our health and wellbeing.

Why should we do it?

- Self-care gives your body and mind time to rest, reset and rejuvenate
- Self-care helps prevent stress and anxiety
- Looking after yourself helps you to be more effective in all aspects of your life
- Self-care prevents burnout/compassion fatigue.

5 Pillars of Self-Care

The 5 Pillars of Self-Care are relaxation; social; exercise; eating and nutrition; and sleep. Considering each pillar can assist in the prevention of and recovery from reduced wellbeing. Remember, everyone has different ideas and strategies for what each pillar looks like for them.



Where to from here?

- Complete a Self-Care Plan: available to download in printable and digital formats at crana.org.au/helpful-resources
- Access the CRANaplus Bush Support Line if needed
- View Life in Mind — A Guide to Self-Care lifeinmind.org.au/research/self-care.

Self-Care Plan

This planner can help you to identify your own personal signs of stress and plan strategies that may help you to manage your own stress and emotions.



Self-care Plan

A reminder of ways that you as a rural and remote health worker can maintain and enhance your wellbeing.

What are my personal signs of stress?
E.g. I stop finding enjoyment in music

How can I manage my stress?
E.g. Daily breathing breaks

Who can I call for support?
*E.g. Facetime with my sister on Sundays,
The Bush Support Line - free call 24/7*

What activities can I include in my day to maintain my wellbeing?
E.g. Eating breakfast outside in the morning

REMINDERS
*E.g. Pre make nutritious snacks/meals
for when I am busy or stressed*

CRANA  improving remote health **plus**

For further support phone our free 24/7
Bush Support Line 1800 805 391