



Self-care Checklist for aged care workers



What self-care is

Self-care is what you do to care for yourself and to keep yourself well. It's a commitment that you make to your health and wellbeing so you can continue to care.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Physical domain							
I got a good night sleep							
I ate three healthy meals							
I enjoyed some physical activity							
I practiced some deep breathing exercises							
Professional domain							
I took my breaks at work							
I made the time to connect with my team							
I reminded myself that my work makes a difference to others.							
Social and emotional domain							
I did something special with family or friends							
I did something nice for someone else							
I took time to ask myself what makes me happy							
Psychological domain							
I practiced mindfulness meditation							
I listened to my favourite podcast/playlist							
I spent time on a hobby or project I enjoy							
Spiritual domain							
I participated in religious activity/event that are important to me							
I practiced spiritual meditation or prayer							
I went outdoors to connect with the nature/universe							

Visit ELDAC Self-care room to explore more self-care ideas and to share your ideas with others

