

# All you need to know about self-care



## 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.



## What self-care isn't

Self-care isn't selfish. It isn't only for people who are unwell. It isn't the same for everyone.

Self-care is more than just being physically active, healthy eating, sleeping well, yoga and meditation.

## What are some examples?

Self-care can be as easy as saying hello to your colleagues or taking a walk outside during your break. It can be taking a yoga or meditation class. Self-care can be knowing where and how to seek help when you need it.

## Why does self-care matter?

Self-care is important because aged care work is demanding and exhausting and can impact your health and wellbeing. It's easier to continue caring for others when you take care of yourself and feel good.

*"If I was to burn myself out, then I'm not going to be a benefit. Or I may still go to work and be tired and stressed out, but I'm not really going to give my all to what I need to do, to look after my residents."*

(Care worker, Residential Aged Care)



**Visit the Self-Care Room for more self-care information and resources**