

# Grab-and-grow ideas from aged care workers

One important thing you do for self-care & how it helps you

## **Strengthen my spiritual health**

Finds connection to my role, purpose to my life's journey & meaning to every day.



## **Go to the local café**

I don't always have lunch with my colleagues, it is a mental break from discussing work during my break.



## **Listening to relaxing music**

It will help your mind relax and calm from a stressful day.



## **I give myself a hug**

Talking to myself whilst I'm doing this in a caring manner.



## **Exercise**

Clears my mind.



*Visit the **ELDAC Self-Care Room** for more ideas for self-care and to share your ideas with others!*