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!

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