



## Self-care is a necessity, not a luxury

### What is self-care?

Self-care is about making a commitment to your own health and wellbeing. It is what you do to care for yourself and to keep yourself well. Self-care also means seeking help when you feel stressed or overwhelmed. Self-care isn't selfish or indulgent. It is a core part of being healthy and positive.

### How can I practice self-care?

Self-care is different for everyone. For some it may look like being physically active, such as taking a walk on the beach, or doing yoga. For others it can be spiritual practices or a social life that helps you feel balanced. It can also be simple things like taking your break away from work, or just having a chat with a co-worker.

1. As a first step, think about what makes you feel positive and suits your need; then set aside some time to engage with the activity.
2. If you want to go a step further and build a comprehensive self-care plan, consider the six domains of self-care practice: physical, professional, relational, emotional, psychological, and spiritual.

### Why is self-care important to aged care?

According to the World Health Organisation, unmanaged workplace stress can lead to burnout and compassion fatigue. For people working in aged care, the risk of burnout is quite high, with more than 30% of aged care workers affected by it.

Many older people die in residential aged care or while receiving a home care package. Caring for people who are at the end of their life, or dying, can be an emotional time. Self-care is one of the strategies you can use to protect yourself from burnout. Taking care of yourself can help you to continue providing good care.

### How can I care for myself when someone dies?

Take a moment to think about how you feel about this person dying. It is ok to feel sad or upset, and acknowledging these feelings is part of looking after your own wellbeing. If you have very strong feelings, you may want to talk with a colleague or a manager, so they can support you.

The [ELDAC Self-Care Room](#) on the ELDAC website can help you get started on your self-care journey.