

Self-care suggestions from the aged care workforce

We asked visitors to ELDAC's [Self-Care Room](#) to share with us their favourite self-care practices, and they have shared generously!

Here are some helpful ways in which your colleagues are taking care of themselves across six domains of wellbeing.

1 Physical:

"I exercise every day with an activity that is fun, like roller skating or gardening."

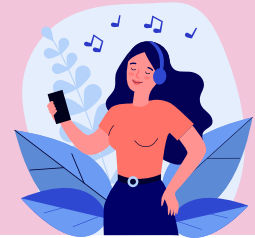
"When I pack a nutritious lunch, this is a form of self-care for me."



2 Psychological:

"Look out the window. Concentrate on something that you can see. Take in as much as you can in what you see."

"I like to listen to positive podcasts after a difficult day to put things into perspective and appreciate what I was able to achieve."



3 Professional:

"Practice deep breathing and put it into practice when you're feeling stressed. It will help you to relax."



4 Emotional:

"When a resident passes, I confirm to myself that I personally made a meaningful and positive difference."

"Being thankful about all things that I have."



5 Relational:

"Visit my Grandkids. They will always make life good."



6 Spiritual:

"Go out into fresh air and notice nature, even if it's a brief moment or two."

"I work on my land."

