

SELF-CARE TREE for ALL STAFF

APRIL 2008

BREAKS

Don't let those slip. Take a moment to yourself and intentionally seek to briefly disconnect from work. Do remember to call it a pause, so that your mind will be racing or problem solving and that's ok. Spend a few minutes focusing on something that is not work, being intentional with it pays back.

SUPERVISION

Make the best of your supervision. It is your time to make sure you're feeling supported in your work. Ask questions, clarify and seek support from your supervisor. No one is perfect - supervisor helps to enhance safety.

LIMIT SETTING

Set your limits and be clear of your responsibilities. Seek help and ask questions if you feel uncomfortable or out of your depth. Do your best to leave work at work.

STICK TO THE FACTS

information that you read, hear or watch will affect how you feel. Make sure that you stick to the facts and distance yourself from speculations and exaggerations. It is an emotionally challenging time – inaccurate information can result in unnecessary distress.

PHYSICAL DISTANCING

Observe a recommended distance when at work. This applies to meetings and other gatherings such as lunch breaks, handovers and MCH meetings. Meet remotely as much as possible.

BASICS

Washing hands and covering your mouth when coughing or sneezing is essential. Remember your dentist.

COMMUNICATION

Lack of clarity and uncertainty are one of the major sources of stress in organisations, especially during the times of crisis or increased demands. Remember to communicate regularly and clearly with your team through handovers, supervision, line management, team briefs, e-mail, posters and team meetings.

SHARE HOW YOU FEEL

We are all in this together. Unexpressed fears tend to grow bringing the anxiety up. Share your feelings and thoughts - your colleagues is a valuable source of support.

ACTIVE DE-STRESSING

Whether large and whether you have
time to relax your joints of stress,
play work and generally. The purpose
is a course of events that liberates
activity serving to regularly focus on
something you enjoy will help be con-
sistent. *prophetic* easier than
imagination.

SLEEPING

Sleep is an essential part of good mental health. Get enough or sleep and allow your mind to unwind. We are in for a long haul and getting yourself ready for sleep will help you through this. Bounce your sleep routine.

STAYING CONNECTED

Buying in bulk via remote means is simple. Set up regular orders or auto bills with your family and friends. Group bills can be fun - get someone to help you with the remote technology if it is new for you.

HELPING OTHERS

Proceed only if it is safe to do so, and you are able to. Keep an eye on your vulnerable neighbours and others that you know. Be thoughtful about during the time of crisis, it can not only help others, but also provide you with a sense of purpose and belonging.

CONTROL

During the times of crisis a sense of loss of control is likely. No question that it can be frightening to many. Focusing on what you can control is a grounding experience. One of the things that is in your hands is how you look after your mind.