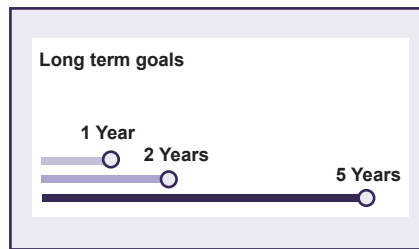


## Self-care at work

Work for the long term, not the short term by creating everyday work practices that foster balance and sustainability



Accept the long-term nature of social change

Surround yourself with other people committed to the same goals who can support your ability to do your work effectively



Put in place workplace mechanisms to regularly debrief and reflect on your practice (and don't forget to use them)

Be kind to yourself and practice productive reflective practice



**EAP**



1300 134 130

**1800**RESPECT 1800 737 732

Know your signs of stress and when you need additional support

## Self-care outside of work

Try not to take work home



Allow yourself to switch off



Nurture yourself by regularly doing things you enjoy



Let your personal life feed your fire