

Self-care at work

*Rough plan for an infographic – ‘at work’ on this side, ‘outside of work’ on the other side
Alternating between images and text, with a larger image in the centre of each page. Open to suggestions for improvement.*

<MM: please ensure that the images show a mix of male and female, ethnic diversity, and include people with disabilities.>

Work for the long term, not the short term by creating everyday work practices that foster balance and sustainability	<i>Image of a woman with a cup of tea/coffee at the office kitchen</i>
<i>Image of a timeline marking out 1-year, 2-year, 5-year goals</i>	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	<i>Image of a group of women at a networking event</i>

Image of a woman at her desk, looking happy

<i>Image of two women talking in the office – one is taking notes</i>	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	<i>Image of a woman writing or typing 'lessons learnt' notes to herself</i>
<i>Image of: EAP WIRE 1300 134 130 1800 Respect 1800 737 732</i>	Know your signs of stress and when you need additional support

Self-care outside of work

Try not to take work home	<i>Image of a woman riding a bike home from work, thought bubble of a plate of food</i>
<i>Image of a woman reading the cartoons page of the newspaper</i>	Allow yourself to switch off

Image of a woman smelling the roses in a garden

Nurture yourself by regularly doing things you enjoy	<i>Image of a woman doing a jigsaw puzzle at home with a family member</i>
<i>Image of women at a protest march</i>	Let your personal life feed your fire