



# Early Childhood Staff Self-Care

Be kind to yourself.

Self-care is about actively looking after your own mental health and wellbeing so that you can be more effective in supporting children and your early years community.

## Connect with colleagues

Talk with your colleagues about how work is affecting you. It is important to debrief. If your centre has closed, check in with your colleagues by sending a text, connecting via WhatsApp or giving them a call.



## Mindfulness

Be aware and acknowledge your reactions to stressful circumstances; allow yourself time to cope with these emotions. Be mindful of your own thoughts and feelings, and try to seek out the positives in these difficult times.

## Keep a routine

Reduce your stress levels by controlling the things you can.

- Eat meals at the same time each day
- Exercise daily
- Maintain a regular bedtime routine



## Meditate

Meditation can help to lower stress, improve focus and feel calm during times of change. There are many relaxation and guided meditations you can access online.

## Stay active

There are lots of ways to exercise in and around your home. Try a walk on our rail trail or follow an online workout. Whatever you choose, try and move your body everyday.



## Eat well

Good nutrition helps to build a healthy body and mind. Eat mostly nutrient-rich foods including fruit, vegetables, nuts and wholegrains.



## Prioritise sleep

Stress can lower our ability to get a good nights sleep. To help your mind clock off try:

- Developing a relaxed bedtime routine
- Turning off technology at least one hour before bed
- Limiting your caffeine and alcohol consumption

## Seek help

If you, or someone you know, is feeling overwhelmed by the current situation seek help.

**Beyond Blue:** 1300 22 46 36

**Mind Spot:** 1800 61 44 34

**Lifeline:** 13 11 14

**Coronavirus Mental Wellbeing Support Service:** 1800 51 23 48



Lifeline  
Saving Lives



**South Coast Prevention Team**

*Working with our community to achieve healthy lifestyles.*

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