



School 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 your students and school community.

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.

Meditate



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

Exercise

There are lots of ways to exercise in and around your home. Go for 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.



Seek help

If you, or someone you know, is feeling overwhelmed by the current situation please do not hesitate to contact

Lifeline: 13 11 14

Beyond Blue: 1300 22 46 36

Mind Spot: 1800 61 44 34

Coronavirus Mental Wellbeing

Support Service: 1800 51 23 48

Connect with colleagues

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

Maintain a regular routine

Reduce your stress levels by controlling the things you can.

- Eat meals at the same time each day
- Keep up your exercise
- Try to have a regular bedtime routine.



Prioritise sleep

Stress can reduce our ability to get quality rest. To help your mind clock off:

- Develop a relaxed bedtime ritual
- Turn off the technology
- Limit your caffeine and alcohol consumption
- Get out into the sun in the morning

Other resources:

Visit Head to Health or

E-Mental Health in Practice - There are many online services that offer support.

RUOK?

Don't forget about your workplace's EAP - Employee Assistance Program and your Workplace Contact Officers



South Coast Prevention Team

Working with our community to achieve healthy lifestyles.

For more tips and ideas follow us on Facebook or our website.