

## Tips for Careworkers: Self-Care



**What it is:** Self-care is a range of information, skills, and attitudes that care workers can use to maintain mental and physical wellbeing.

Self-care can include understanding your strengths, weaknesses, thoughts, beliefs, motivation, and emotions. In palliative care, self-care can also include grief and bereavement support, and understanding how to recognise and prevent burnout.

**Why it matters:** Caring for others can be rewarding. However, staff working in aged care look after many people who die. As a result, they may experience repeated grief.

Grief over the death of residents or clients is not unusual and may contribute to stress or burnout. Self-care is important to maintain balance in life.

**What I need to know:** It is helpful to be a member of a team that provides support, reflection, and debriefing. A team may be your work colleagues or a network of people outside of work.

### Note

Team meetings, debriefing or regular supervision can provide support.

### Do

Report to nursing/supervisory staff if you see signs that suggest a person is not coping. These can include:

- physical and emotional exhaustion
- poor sleep
- headaches
- negativity or feeling useless
- lack of enjoyment
- not working effectively
- absence from work.

### Do

Acknowledge your grief and recognise that it is a normal reaction to loss.

### Do

Talk to your supervisor and colleagues about what you are experiencing and request their help or support from a professional counsellor if needed.

### Do

Develop a self-care plan and strategies that promote your physical and emotional wellbeing. Self-care strategies may be different for everyone; select ones that work for you.

**Name:**

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## My reflections:

What support does my organisation provide for self-care?

Have I created a self-care plan and, if so, does it need to be reviewed?

## My notes:

See related palliAGED Practice  
Tip Sheets:  
Grief and Loss among Staff  
Talking Within the Aged Care  
Team

For references and the latest version of all Tip Sheets visit  
[www.palliaged.com.au/PracticeTipSheets](http://www.palliaged.com.au/PracticeTipSheets)