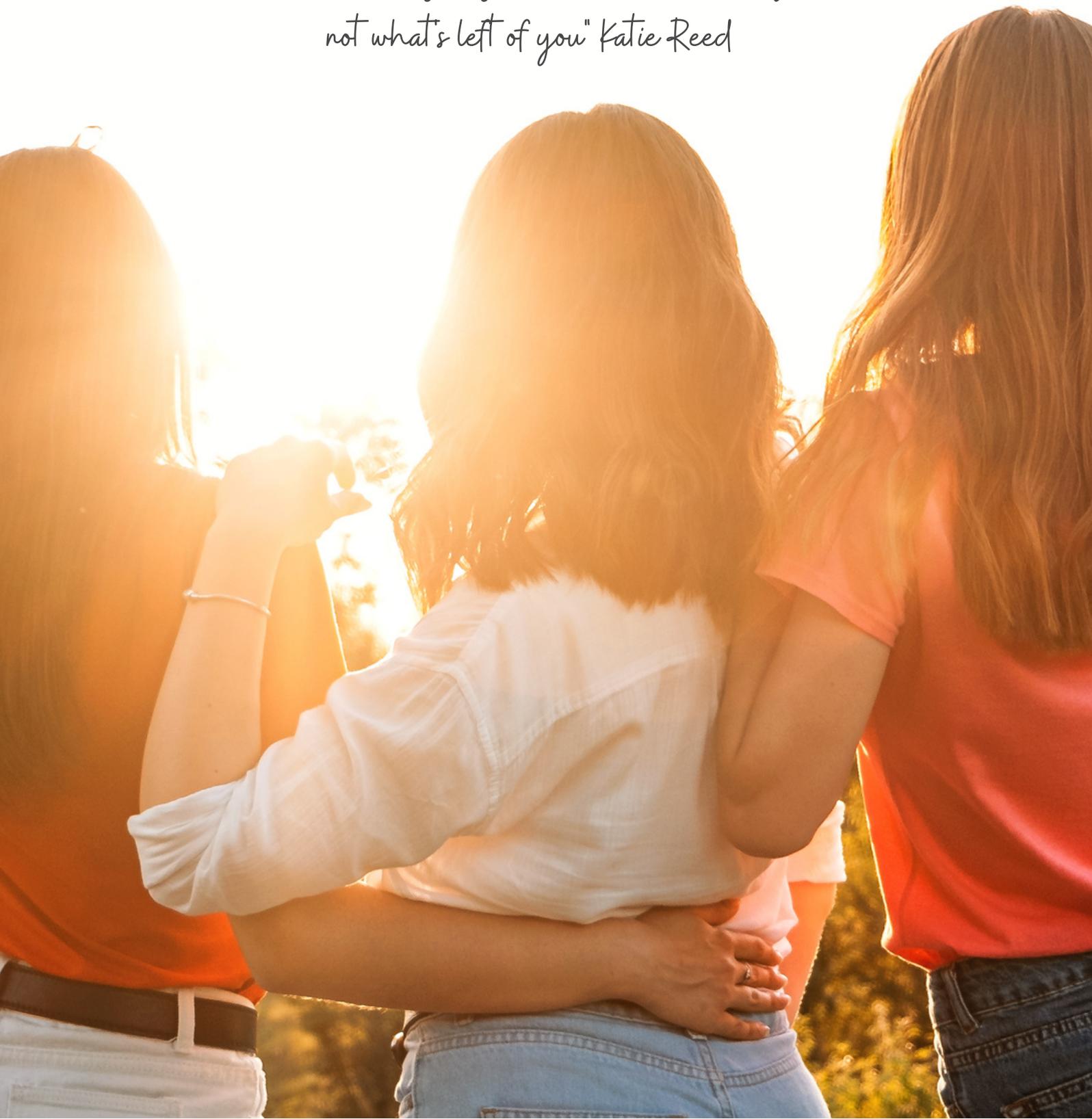


# YOUR MINI GUIDE TO SELF CARE

*'Self care means giving the world the best of you -  
not what's left of you' Katie Reed*





# Taking Care of You

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Setting yourself up for success starts with creating healthy habits and routines that in turn allow you to create a safe & fun play experience for children. Create a pre-care-for-kiddos routine that allows you to feel prepared, courageous and excited to provide care.

This will look different for each person but consider a few things such as:

- Organise - get your go bag + activities ready in advance
- Prepare - your uniform, vehicle and body (hygiene etc.)
- Nutrition- prepare nutritious balance food and drink
- Mindset- listen to podcasts/tunes to get you in the groove!
- Rest- Ensure to create a balanced rest/sleep and work routine. This includes resting your mind.



# Mental Health Days

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Taking time out isn't just for when you are physically unwell. A Mental Health day is the perfect opportunity to schedule some well deserved (and essential) YOU-TIME.

Schedule mental health days in advance to avoid becoming burnt out. Schedule days off a minimum two weeks in advance (including family/holidays). Mental health days are not a paid contribution however you can schedule as many days in advance for any date you are not available to provide care. On these dates we will refrain from contacting you so you can create the work/life balance you desire. (unless in the case of a last minute booking request or emergency)

# Important Numbers

## Crisis contacts

In an emergency call 000 or go to your local hospital emergency department.

1300 MH CALL - 1300 642 255

Mental health access line

1300 MH CALL (1300 642 255) is a confidential mental health telephone triage service that provides the first point of contact to public mental health services to Queenslanders.

1300 MH CALL is available 24 hours a day, 7 days a week and will link to the caller's nearest Queensland Public Mental Health service.

## The 1300 MH CALL service:

- is the main point of access into public mental health services
- can provide support, information, advice and referral
- can provide advice and information in a mental health emergency or crisis
- is staffed by trained and experienced professional mental health clinicians
- will provide a mental health triage and refer to acute care teams where appropriate.

# Important Numbers

## 24/7 crisis services

Lifeline	13 11 14
Suicide Call Back Service	1300 659 467
Beyond Blue	1300 22 46 36
MensLine Australia	1300 78 99 78
Kids Helpline	1800 55 1800
1800 Respect	1800 737 732
for Aboriginal and Torres Strait Islander people	13 YARN 13 92 76

## Other support and information services

Queensland Health	13 HEALTH (13 43 25 84)
Alcohol and Drug Information Service	1800 177 833
Counselling online (drug and alcohol)	1800 888 236
Quitline	13 78 48
SANE Australia	1800 18 7263
headspace	1800 650 890
youthbeyondblue	1300 22 46 36
Veterans Support Service	1800 011 046
PANDA (perinatal anxiety and depression)	1300 726 306
Butterfly Foundation (eating disorders)	1800 334673
Eating Disorders Queensland	(07) 3844 6055
QLife (LGBTI)	1800 184 527
Griefline	1300 845 745
Grow Australia (support through peer groups)	1800 558 268

# TYPES OF SELF-CARE



**PHYSICAL**

- Sleep
- Stretching
- Walking
- Physical release
- Healthy food
- Yoga
- Rest



**EMOTIONAL**

- Stress management
- Emotional maturity
- Forgiveness
- Compassion
- Kindness



**SOCIAL**

- Boundaries
- Support systems
- Positive social media
- Communication
- Time together
- Ask for help



**SPIRITUAL**

- Time alone
- Meditation
- Yoga
- Connection
- Nature
- Journaling
- Sacred space



**PERSONAL**

- Hobbies
- Knowing yourself
- Personal identity
- Honoring your true self



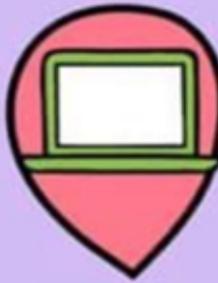
**SPACE**

- Safety
- Healthy living environment
- Security and stability
- Organized space



**FINANCIAL**

- Saving
- Budgeting
- Money management
- Splurging
- Paying bills



**WORK**

- Time management
- Work boundaries
- Positive workplace
- More learning
- Break time