



Self Care & *Flourishing*

# Acknowledgement

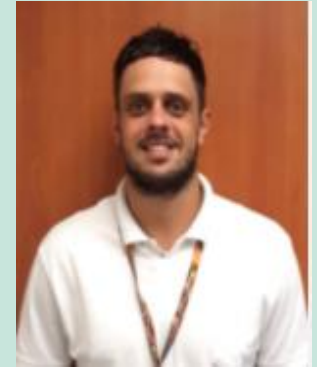
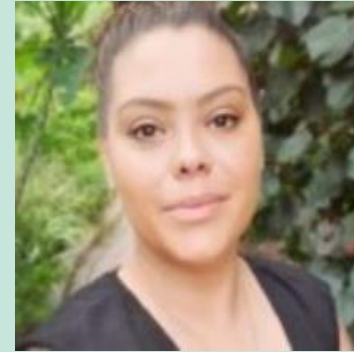


We acknowledge the Aboriginal and/or Torres Strait Islander Peoples on whose land we meet today.

We acknowledge the elders past, present and emerging including those in the room with us today. We pay respect to your knowledge, traditions and skills, and thank you for sharing your thoughts and wisdom with us.

We remember and reflect on those who have passed, for those who still guide us and for wisdom of their footsteps.

# AMSANT SEWB Team





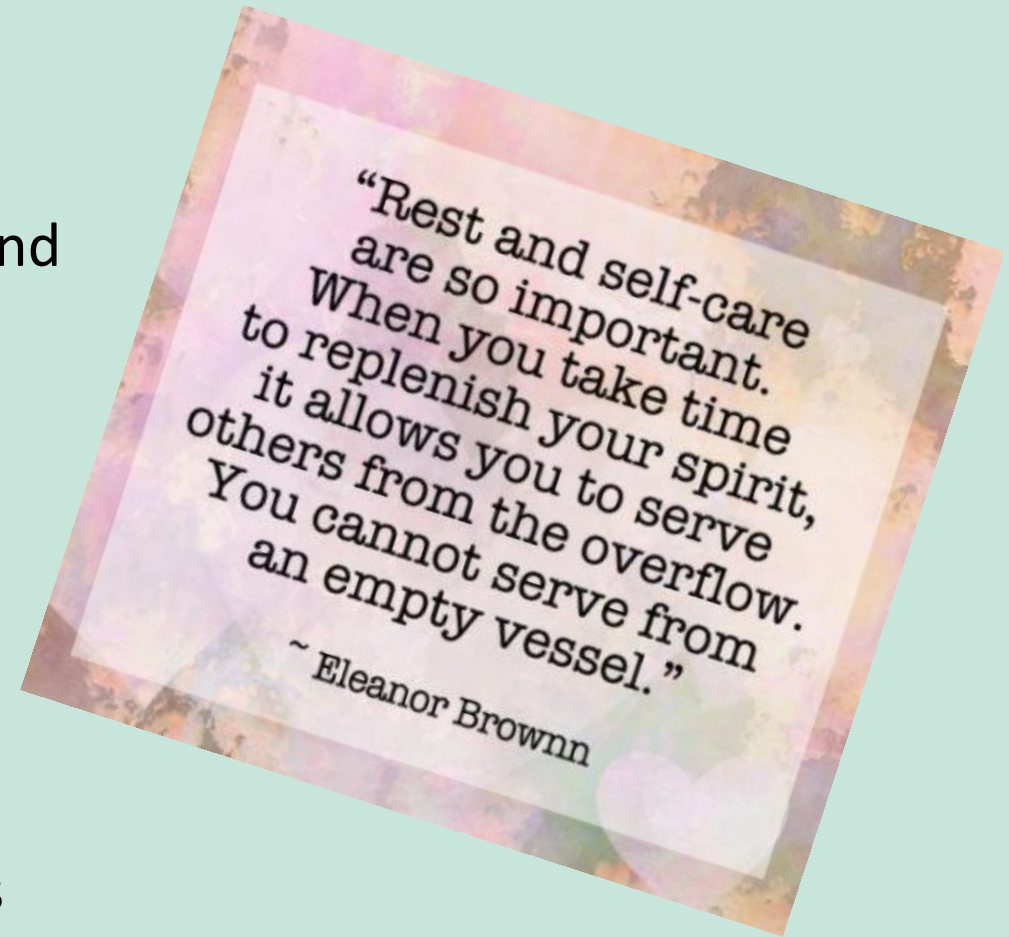


# Changing up your Brain

On your table you will find an **ACTIVITY BAG**

# Self Care

- Understanding YOUR signs and symptoms, and that of others in relation to burn out and stress
- Sharing ways to care for self
- What is *flourishing*?
- Team and organisational self care practices



# Signs of Workplace Stress and Burnout

Feel they are stupid  
or that nothing they  
do has any effect



Have a  
negative,  
detached or  
cynical view of  
their work

Feel like they are not  
accomplishing much at  
work

Feel emotionally  
exhausted  
(feeling overextended  
and emotionally and  
physically drained)

# Consider Our Context

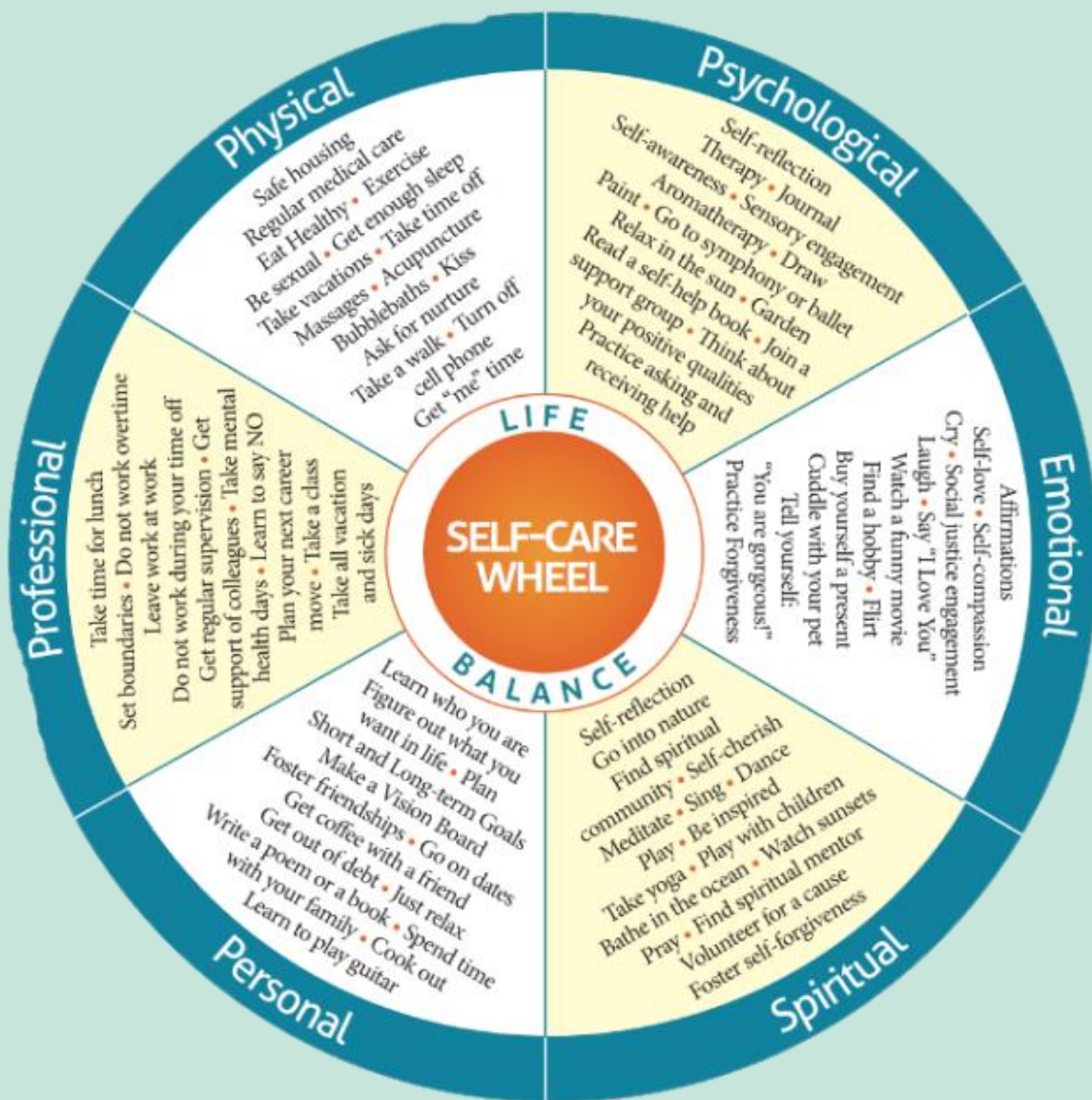
- Our roles are based on relationships and we have a lot of relationships to develop through our work
- There are many different personalities as we build these relationships; being able to build effective relationships can be emotionally, physically and mentally taxing.
- Our roles therefore require a lot of flexibility to meet a wide range of people, organisations and needs
- It needs to be recognised that the people we work with, and the communities we work in, are not a homogenous group – there is a lot of diversity to be managed
- Often there is limited time in community to do your work – FIFO (in many different forms) work *is demanding*
- Travel per se is demanding both physically and mentally. Isolation can have an emotional impact
- Many communities have their own rhythm and flow – this sometimes means you do not achieve what you set out to do and this may affect you in a number of different ways.



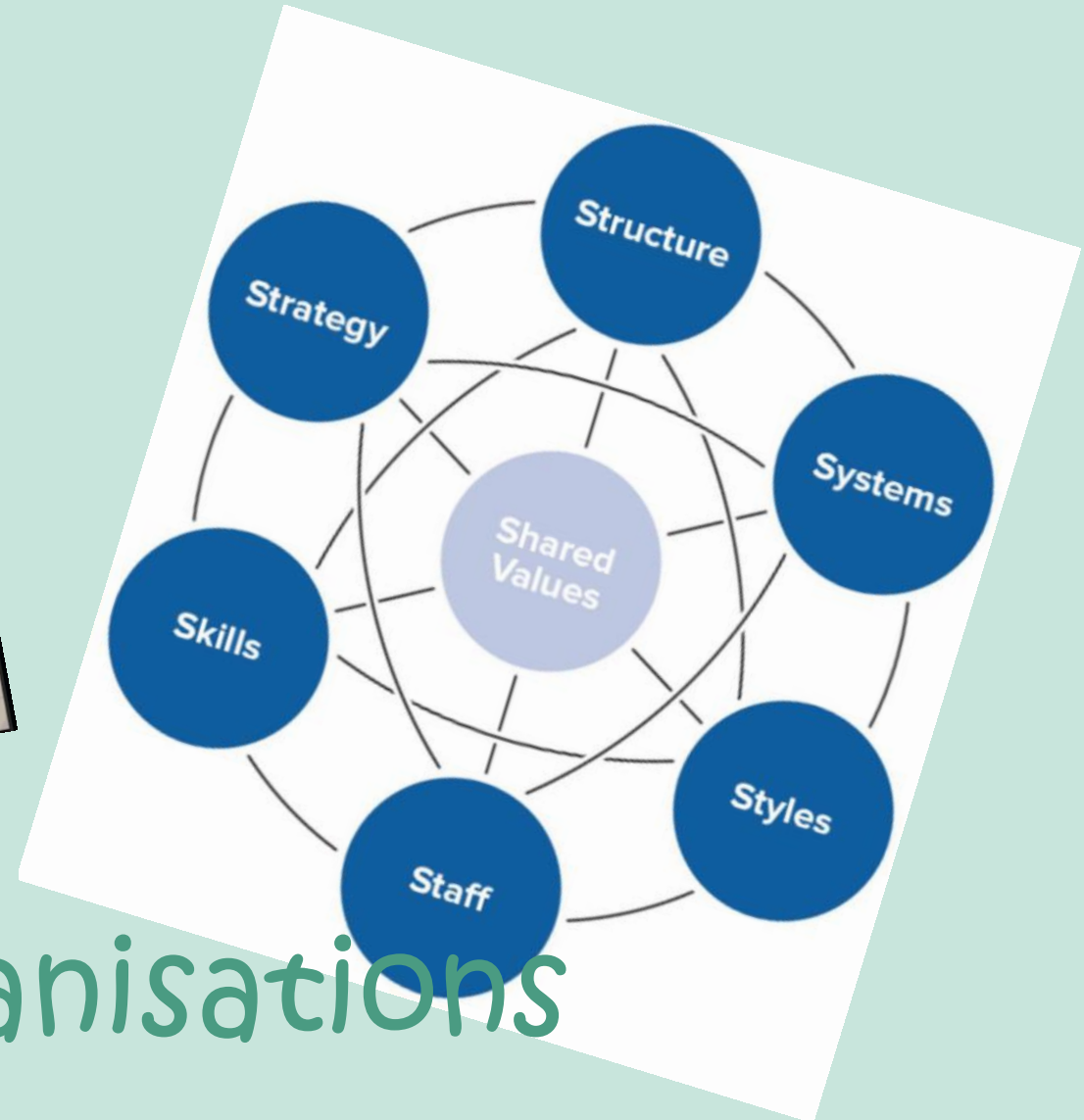
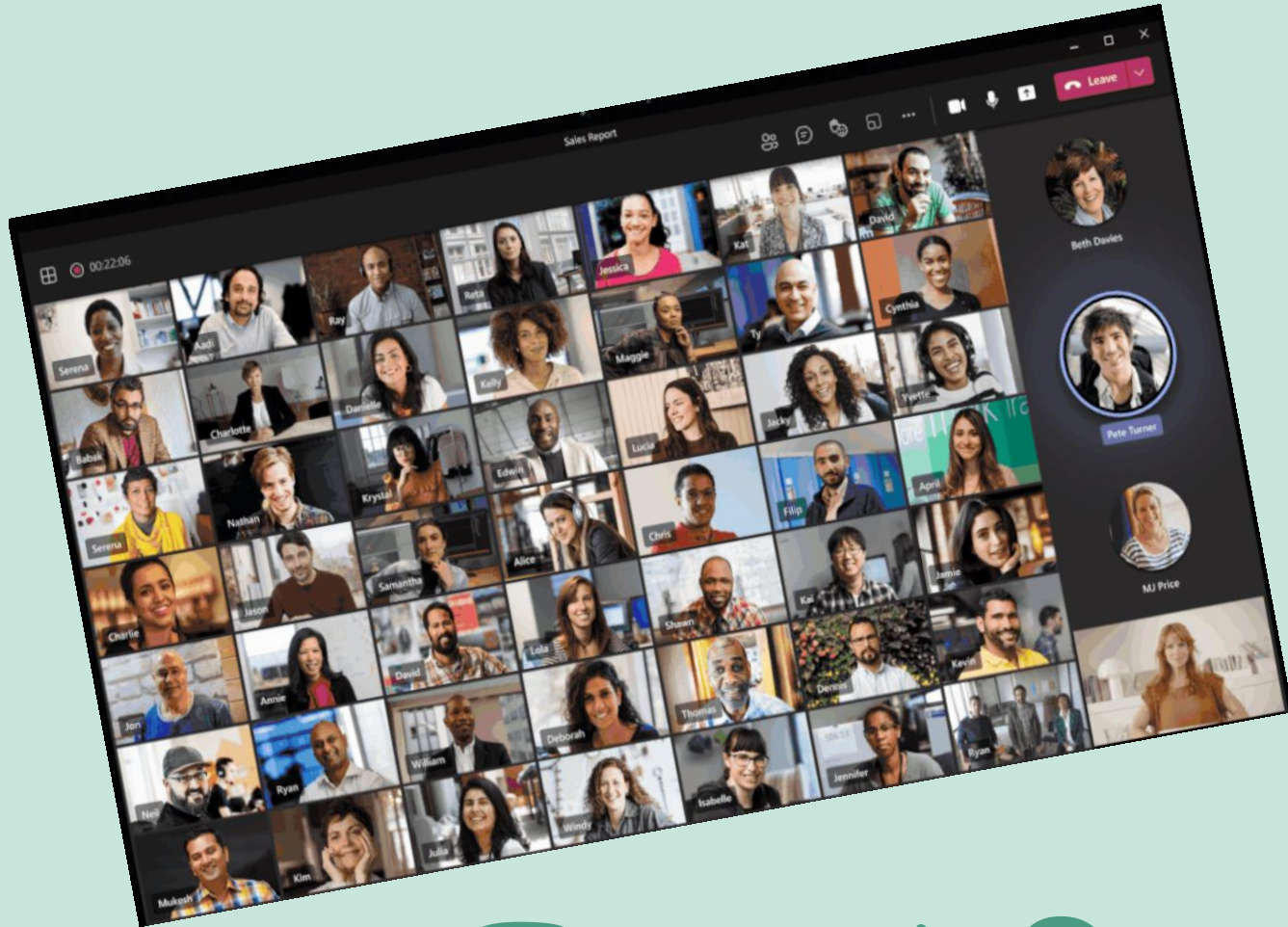
# So what...?

- Managing expectations
  - For those we work with – we may not be able to help in the time we have
  - Of ourselves – often work full days with only short breaks because of your awareness of limited time
  - Of organisations of what can be achieved within the time frames provided
- Being aware of our own stress/burn out and cumulative stress
  - Physical – headaches, tiredness, aches
  - Mental – disengage, not hearing others, tuning out
  - Emotionally – detachment, mood swings
  - Don't forget to breath!





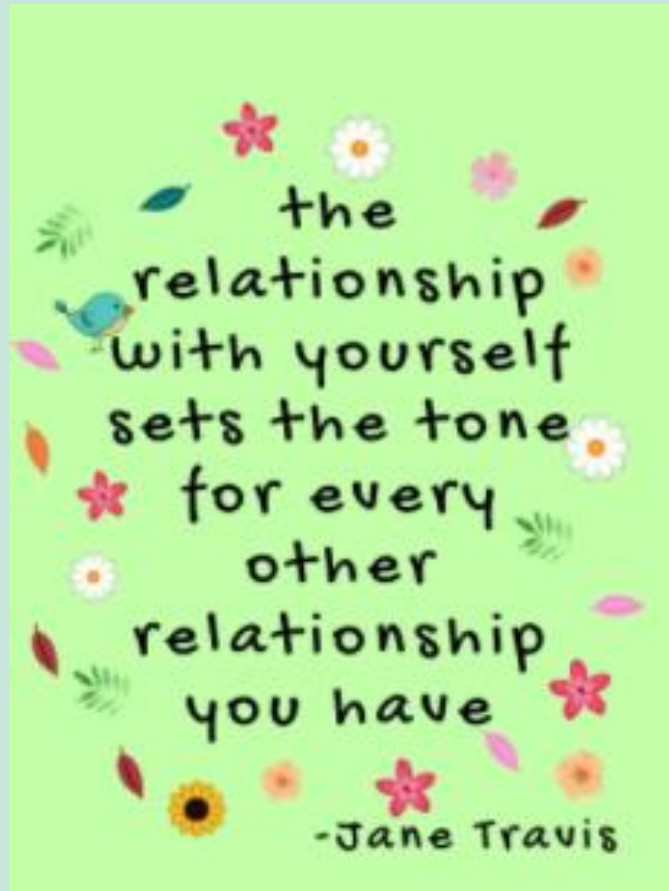
# Team and Organisational Support



# Teams & Organisations



# Let's talk – sharing what works for you!



- ✓ Write down all the things you did this week on a list and congratulate your self, recognise what you have achieved
- ✓ Read over your work diary and take stock of your day/time
- ✓ Set boundaries and manage your expectations of yourself
- ✓ Monitor your self awareness
- ✓ Eat and drink! Have lunch outside or go for a walk
- ✓ Talk to others about your interests and share them with your team (yes, its not all about work!!)
- ✓ Remind other to take care of themselves!
- ✓ Choose from each area of the Self-Care Wheel

What are you going to do today to take care of you?

