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Tips for Self-Care at Work

These Social and Emotional Wellbeing tips can be part of your daily routine and support at work to keep you feeling deadly.*



CONNECTION TOO.....

COUNTRY & LAND

- Take your breaks outdoors in nature
- Blakify your workspace with cultural reminders on your desk



FAMILY & KINSHIPS

- Have photos or screen savers of your mob

COMMUNITY

- Get involved in community events
- Connect with mentors or offer your mentorship



CULTURE

- Celebrate significant cultural dates and events with your colleagues
- Allow time and space for any sorry business



MIND & EMOTIONS

- Get cultural supervision if relevant in your role
- Recognise when you need support and don't be shame to reach out
- Manage stress in positive ways



SPIRIT, SPIRITUALITY & ANCESTORS

- Seek guidance and wisdom from elders
- Practice and connect with your values and beliefs
- Find ways to strengthen and support your cultural identity



BODY AND BEHAVIOURS

- Be physically active before or after work and eat healthy throughout the day
- Manage alcohol, drugs, smoking and vaping after-hours
- Get enough rest on work nights



If you need further support call:

13YARN: 13 92 76

Suicide Call Back Service: 1300 659 467

*For more information on Social and Emotional Wellbeing see Transforming Indigenous Mental Health and Wellbeing, 2021