

The background of the slide features a dense pattern of vibrant green leaves, likely from a tree or shrub, with visible veins and serrated edges. The bottom portion of the image transitions into a light blue-green water surface with gentle ripples, creating a natural and calming aesthetic. A semi-transparent white rounded rectangle is centered on the slide, containing the text.

Self Care for Health Professionals

Looking after yourself

Ariane Cummins

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Why self care?



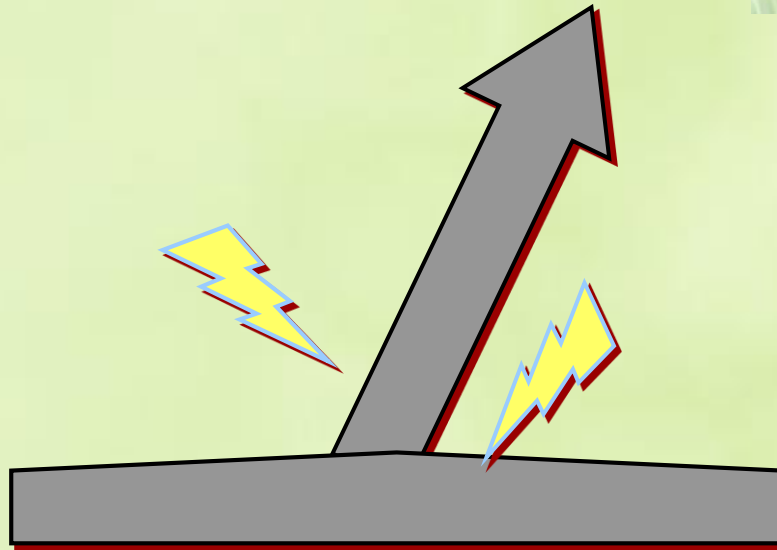
Where does stress come from?

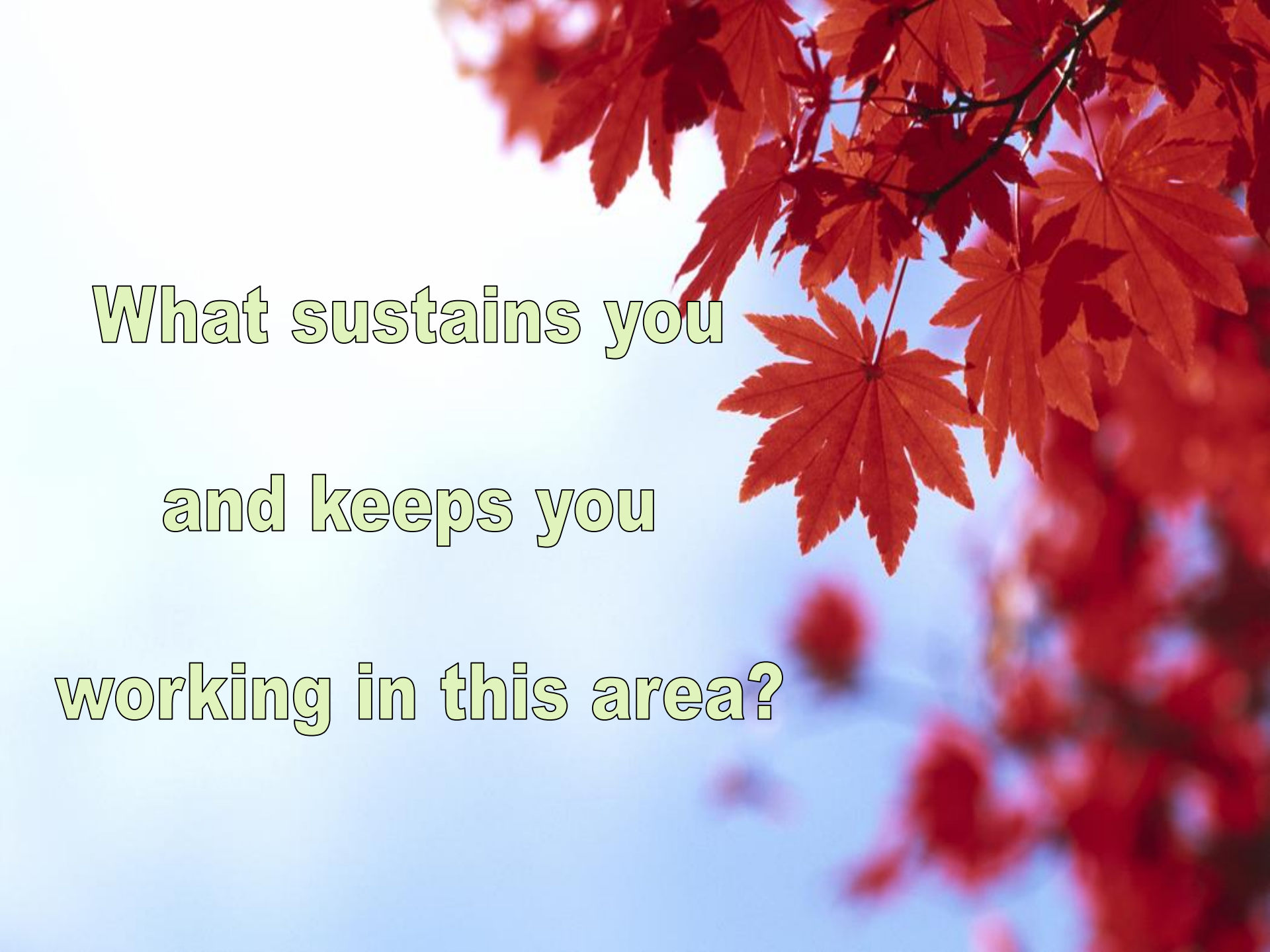


What are your warning signs?



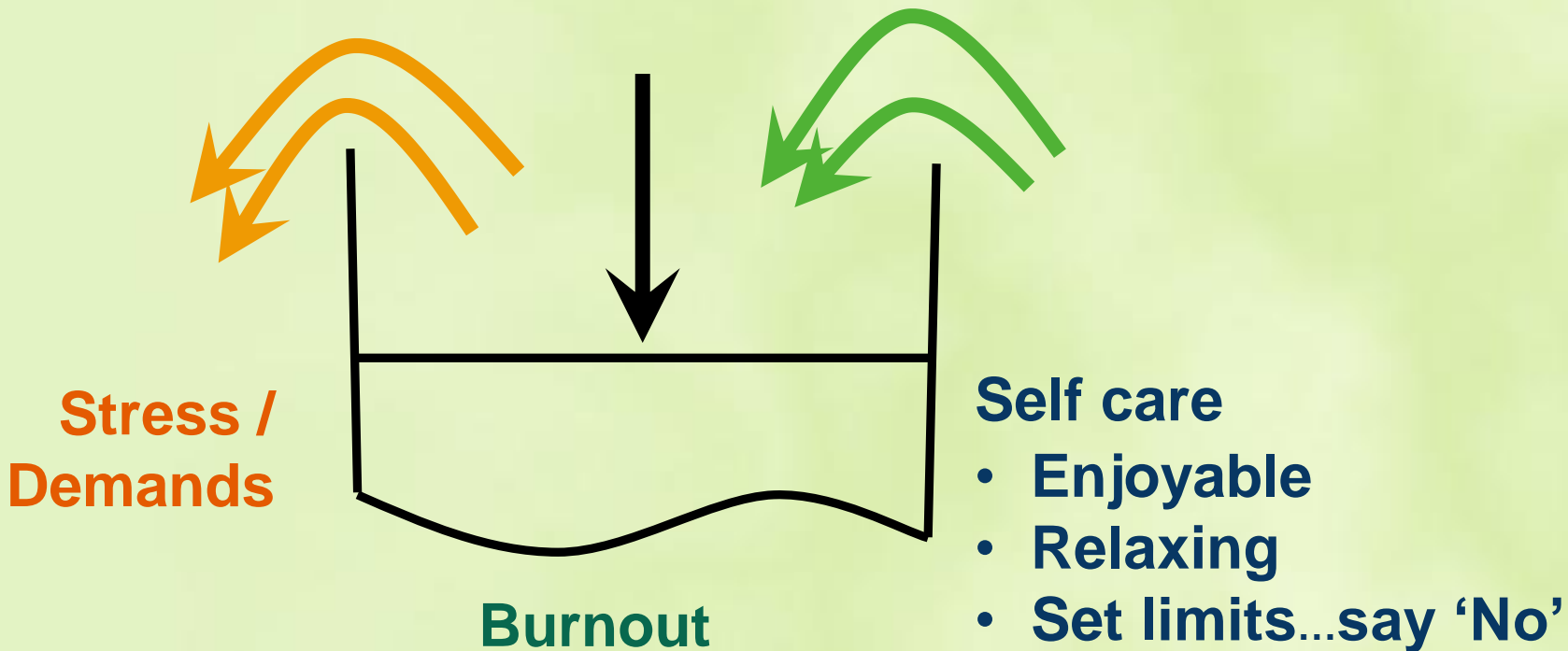
Stress-o-meter





**What sustains you
and keeps you
working in this area?**

Self Care...Its about Balance!



We are all responsible **to** others AND **for** ourselves.

How do you resist messages of stress?

- Self as a PRIORITY
- Practical relaxation
- Exercise
- Access your support network
- Sense of Humour
- Switch off your brain
- Practice/learn a new skill
- Separate work & home



Miller (2007) American College of Cardiology

Relaxation in Practice

- Just Look
- Stand & Wait
- Three Sighs

(Eric Harrison 2005)



*What further steps can you
take to bring more
self care into your life?*

