

Tune in With TRACS WA

Self-care in Health-Care Looking after Yourself



Artwork by Aaron Hayden

F = FOCUS ON WHAT'S IN YOUR CONTROL



FOCUS ON WHAT'S IN YOUR CONTROL
ACKNOWLEDGE YOUR THOUGHTS AND FEELINGS
COME BACK INTO YOUR BODY
ENGAGE IN WHAT YOU'RE DOING

COMMITTED ACTION
OPENING UP
VALUES
IDENTIFY RESOURCES
DISINFECT & DISTANCE





Exercise



Healthy Food



Sleeping



Gratitude



Fun & Laughter



Caring for Others

1. **REGULAR EXERCISE** – shifting Endorphins and oxytocin
2. **EATING HEALTHY FOODS** – to fuel your body and keep your energy levels up. Build your immune system
3. **SLEEPING** – using simple strategies like writing down things that went well for you or that you are looking forward to.
4. **PRACTICING GRATITUDE** – Blessed to be in Perth. Blessed to have good weather. Blessed to have family, friends, work mates that care.
5. **MAKING TIME FOR FUN & LAUGHTER** – whatever brings you joy. Movies, music, taking a bath! Seeing the lighter side of life.
6. **CARING FOR OTHERS** – “by my helping – I am helped”

EMOTIONAL SELF-CHECK TOOL

Use this tool to check-in with your emotional state.



NAME IT

Identify which emotion you are feeling at the moment.



ASK

What is the effect of this emotion on me?
On others?



CONSIDER

Is this emotion helpful?



ACT

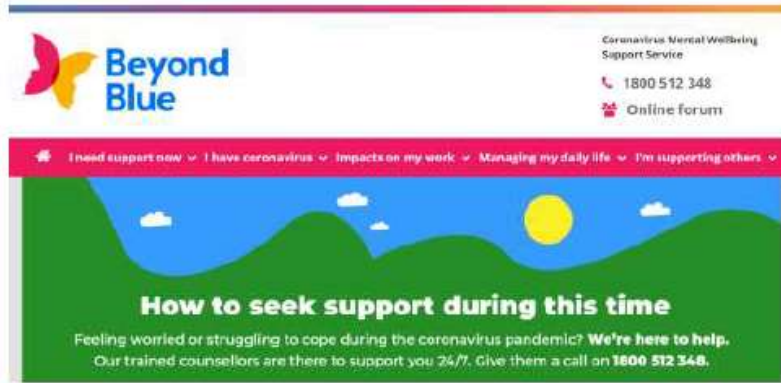
If the emotion is helpful at the moment, continue on!

If not, how can you change your emotional state?

- Be proud of the work you did today
- Think of three things you did well – celebrate them
- Think of one thing that was difficult – let it go!
- Check in on your workmates – RUOK?
- Check in on yourself and find time to rest and relax.



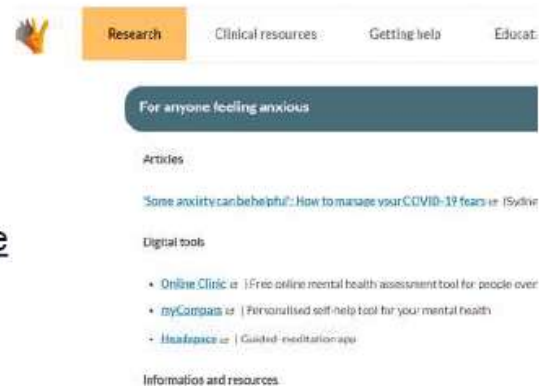
Acknowledging people's anxiety and vulnerability



Beyond Blue - looking after mental health during COVID19



Life In Mind Australia



Black Dog Institute



RUOK

Resources

- <https://www.ruok.org.au/staying-connected-is-more-important-than-ever>
- https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_2
- <https://www.smilingmind.com.au/>
- <https://moodgym.com.au/>
- <https://www.ahcwa.org.au/>
- <https://www.phoenixaustralia.org/resources/ptsd-guidelines/>
- <https://www.beyondblue.org.au/home>
- <https://mindspot.org.au/coronavirus>





Tell us what you think (QR)

<https://www.surveymonkey.com/r/TFNLL2K>

FACE COVID Video (Dr Russ Harris):

<https://www.youtube.com/watch?v=BmvNCdpHUYM>

TAPPING INTO EMOTIONAL INTELLIGENCE IN TIMES OF STRESS

(Health Education & Training NSW) from:

<http://www.heti.nsw.gov.au>

TRACS WA website

(with emotional wellbeing evidence & resources):

<https://www.subacutecare.org.au>

Presenters:

Helen Mclean and Jessica Sharp

Tune in with TRACS WA

Next week

Friday 8th May at 12:30/2:30

for

Developing a resilient
mindset