

Self Care

Information for Maternal and Child Health Nurses, Early Childhood Professionals, School Staff, Primary Welfare Officers and Student Support Services Program Staff

Following a natural disaster, many people are likely to show signs of stress. Reactions such as sadness, anxiety and physical symptoms are likely to be experienced. These reactions are normal and usually do not last very long.

You need to develop healthy practices for resolving your own emotions and anxieties if you are working with traumatised children, adolescents and adults.

Self Care refers to the ability to 'refuel' oneself in healthy ways. These include:

- Massage
- Meditation
- Yoga
- Walking
- Exercising
- Relaxation techniques
- Sharing your experience with family, friends, colleagues
- Nutrition
- Being with those with whom you feel comfortable

Additionally, you may want to consider:

- Keeping within your skill level – it can easily become overwhelming if you don't
- Maintaining a meaningful and gratifying life outside your professional role
- Engaging in peer/professional support if working with trauma-affected children is relatively new to you

By developing your own 'self care' plan you maximise resilience.

The Department of Education and Early Childhood Development has trained counsellors who can support you. A 24/7 Employee Assistance Program offers counselling support to all employees. It is available at FREE CALL 1800 337 068.

Early childhood professionals and Maternal and Child Health Nurses should speak to their employer about any specialised support that their employer may be able to provide.

A decorative graphic at the bottom of the page consisting of a horizontal row of six blue squares. The fifth square from the left is tilted and contains the text 'Every child, every opportunity' in a white, handwritten-style font.

Every
child,
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opportunity