



# Self-care Plan

A reminder of ways that you as a rural and remote health worker can maintain and enhance your wellbeing.

## What are my personal signs of stress?

*E.g. I stop finding enjoyment in music*

## How can I manage my stress?

*E.g. Daily breathing breaks*

## Who can I call for support?

*E.g. Facetime with my sister on Sundays,  
The Bush Support Line - free call 24/7*

## What activities can I include in my day to maintain my wellbeing?

*E.g. Eating breakfast outside in the morning*

## REMINDERS

*E.g. Pre make nutritious snacks/meals  
for when I am busy or stressed*

