

Looking after yourself

When talking about mental health concerns or suicide, you might hear stories that are sad or hard to listen to.

It's important for community broadcasters to take care of themselves and know what they need to stay healthy and well in their mind and body. This is sometimes referred to as self-care.

This resource contains advice on how to plan and action some useful wellbeing techniques and approaches, along with a template to get you started.

“Self-care for broadcasters is important. How they can look after themselves and what they can do after completing an interview with someone to ensure that they are not receiving trauma themselves.”

Ayman Islam
Centre for Muslim Wellbeing



Steps to caring for your own wellbeing



Learn

Read about practical information for looking after yourself, your family and community.

Places like [Embrace Multicultural Mental Health](#) and [Medicare Mental Health](#) are a good place to start to explore your own mental health and wellbeing.



Plan

Taking the time to develop a self-care action plan can be useful.

An action plan can be good as writing down the things that help you stay healthy and well, as a reminder for when you need them. This may be when you have had a challenging day or you are not feeling great.

You can find a useful self-care action plan template on the following page.



Do

If you are feeling distressed before, during or after your broadcast talk to someone you trust, such as a friend, mentor or health professional.

Seeking support is neither weak or unprofessional.

For more ideas on how you can look after yourselves and others have a look at the [*Useful places to find more information and support*](#) resource.



Looking after yourself: Mindframe self-care action plan

Find everyday ways to look after your wellbeing that you can fit into your life and make a note of them below. If it helps, print this page out and put it somewhere to remind you about your plan.

My action plan				
Wellbeing area	My goal	What do I need to achieve this goal?	How can I achieve this goal?	How did achieving this self-care goal make me feel?
 Physical	<i>Example: Attend a gym class once a week</i>	<i>Example: Scheduled time to go when I don't have other commitments</i>	<i>Example: Organise for partner to pick up kids on a Tuesday. Pack change of clothes and go straight after work.</i>	<i>Example: Calm and balanced</i>
 Relationships				
 Work				
 Thoughts and feelings				
 Faith				

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 Thoughts and feelings				
 Spirituality				