

## Encouraging Self-Care at Work and During Work Events

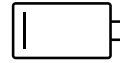
6 tips for your staff to utilise to ensure they're looking after themselves at work and work-related events:

### 1. Take breaks



- Step outside for fresh air or do something relaxing to recharge during breaks.

### 4. Monitor your energy



- Conferences and events can be tiring, so keep an eye on your energy levels and pace yourself.

### 2. Find quiet spaces



- Take time to rest and gather your thoughts when needed.

### 5. Stay connected



- If attending with a group, check in with each other regularly for support.

### 3. Pause when necessary



- If things feel overwhelming, step away and rejoin when you're ready.

### 6. Seek support



- If feeling anxious or overwhelmed, reach out to available mental health support staff or take a break.