



WHAT IS "SELF CARE"?



Self-Care is the ability to recognise what we need to feel well. They are tangible personal things that we can do for ourselves to improve wholeness. There are many factors involved in Self-Care such as Physical, Personal, Spiritual, Emotional and Psychological. Each sub-section contains information that may be helpful in identifying parts we may not have necessarily considered for a while. Have you ever asked yourself: 'What do I need for myself to feel good today?' Give it a go, you may just find it extremely useful.

As part of our Work Health and Safety Management System we all have responsibilities to ensure a safe workplace, including considering our needs in relation to self-care. More information relating to Physical self-care at workstations can be found [Physical Wellbeing - ANU](#).

SELF-CARE WHEEL



FOR MORE INFORMATION

ANU RESOURCES

- Injury Management Team – injurymanagement@anu.edu.au
- ANU Risk Assessment Tools - [Chapter 3.1 of the WHS Handbook – Hazard Management](#)
- [Chapter 3.11 Manual Tasks and Ergonomics Safety Management - Staff Services - ANU](#)
- If experiencing pain or discomfort also please lodge an incident report in [Figtree](#)