

Looking after yourself in dry times



the power of humanity

Living in dry times is tough, and for those also supporting others, formally or informally, there are additional stressors, often higher workloads and it can be harder to 'turn off'.



Your wellbeing is crucial but also critical to your ability to support others. You have a responsibility to yourself and the people you support to value your wellbeing.

IDENTIFY SIGNS OF BURNOUT

- Lacking energy and drive
- Resenting supporting others, work and 'the system'
- Lacking empathy and increased cynicism
- Becoming overwhelmed easily
- Challenged by change, having a narrow and immediate focus
- Feeling defensive or indispensable to your community/workplace

SIMPLE (BUT IMPORTANT!) TIPS

- Turn off by switching your phone off, leave the office on time
- Build in daily routine
- Prioritise and clarify what you will not be able to do at work
- Do things that you enjoy, pleasure and leisure reduces stress

- Wind down before bed, exercise, eat well and sleep
- Make time with family and friends

START TO SLOW THINGS DOWN

- Assess your energy levels
- Respect how you are feeling
- Find people to talk to, connecting and unloading can diffuse stress
- Focus on what you can control, not what you can't
- Check in with yourself regularly, have visual wellbeing reminders or set trigger points

For more information on Red Cross' work contact contactus@redcross.org.au

- Lifeline: 13 11 14 and [toolkit](#)
- Beyond blue: 1300 224 636
- Kids Helpline: 1800 551 800
- FarmHub farmhub.org.au
- Red Cross' [supporting children booklet](#)
- Red Cross: [Coping with a personal crisis booklet](#)