



DAILY SUSTAINABILITY & SELF CARE

01.

Why It's Important

- Frontline roles like social work and counselling are emotionally demanding.
- Without consistent self-care, professionals risk burnout, compassion fatigue, and ethical breaches.
- Sustainable habits protect your capacity to provide quality care.

Our Stance

We believe impacts of work such as vicarious trauma and emotional fatigue should be managed within the workplace, not left to individuals alone. Self-care should be supported through organisational culture, policies, and supervision frameworks.

Supervision is self-care and sustainability increasing our ability to:

- Reflect on emotional load.
- Identify early signs of burnout.
- Develop personalised sustainability plans.
- Supervisors can help integrate self-care into your workflow.

02.

MINUTE MOVES

✓ Minute Self-Care Strategies
(Tiny, in-the-moment resets during high stress)

1. Grounding technique: Name 5 things you can see, 4 you can touch, 3 you can hear.
2. Mini gratitude check: Think of one thing that went well today.
3. Muscle release: Drop your shoulders and unclench your jaw.
4. Mindful sip: Drink tea or coffee slowly, noticing taste and warmth.
5. Digital pause: Put your phone down for 60 seconds and breathe.

MICRO MOVES

✓ Micro Self-Care Strategies
(Small, quick actions that fit into your day)

1. Breathing reset: 3 deep breaths before or after a client session.
2. Hydration check: Drink a glass of water every couple of hours.
3. Stretch break: Stand and stretch for 60 seconds between tasks.
4. Step outside: Get fresh air for 2–3 minutes during lunch or a break.
5. Positive cue: Listen to one uplifting song or podcast snippet on your commute.

MACRO MOVES

✓ Macro Self-Care Strategies
(Bigger-picture habits and systems for long-term wellbeing)

1. Set boundaries: Define clear start and finish times for work.
2. Regular supervision: Use it to process emotional load and prevent burnout.
3. Plan downtime: Schedule at least one non-work activity you enjoy each week.
4. Professional development: Engage in training that energises, not exhausts.
5. Advocate for systemic support: Encourage workplace policies for wellbeing (e.g., mental health days, debriefing protocols).

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