

8 WAYS TO TAKE CARE OF YOURSELF

1 Eat well

2 Get physical

3 Get some sleep

4 Learn to prioritise

5 Take a break

6 Maintain your own personal interests

7 Try a mindfulness practice

8 Look out for each other



**TO TAKE CARE OF OTHERS YOU NEED
TO FIRST TAKE CARE OF YOURSELF**

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Early Childhood Australia
A voice for young children

This content was taken from ECA's Voice newsletter.