

Looking After Yourself Matters - Wellbeing & Self-Care

In today's busy world, taking positive steps to take care of yourself isn't a luxury, it's a must. Paying attention to how you're feeling, recognising what you need to stay healthy, and taking small, positive steps to support your wellbeing are key to a happy and healthy life.

What is Self-Care about?

Self-care is about actively looking after your physical, mental and emotional wellbeing. It's not selfish, and it doesn't mean avoiding responsibility — it means recognising what you need to stay healthy and taking steps to support yourself.

Self-care can include:

- noticing how you're feeling and checking in with yourself,
- getting enough rest,
- managing stress before it becomes overwhelming,
- setting healthy boundaries at work and at home,
- reaching out for support when you need it.

Importantly, self-care looks different for everyone. What works for one person may not work for another.

Self-care is asking yourself: ***“What do I need right now to stay well?”***



Why is Self-Care important?

Self-care is important because it helps us stay well and able to cope with the demands of everyday life and work.

When we look after ourselves:

- we think more clearly and make better decisions,
- we manage stress and pressure more effectively,
- we reduce the risk of burnout, fatigue and injury,
- we're better able to support others around us.

Self-care isn't just for tough times - it's most effective when it's proactive. Small issues that are ignored can build over time and affect our health, relationships and performance. Self-care helps prevent that from happening.

Practising self-care early:

- helps build resilience,
- keeps small challenges manageable,
- makes it easier to cope when bigger challenges arise.

To help support the health and wellbeing of you and your family every day, PERSOL | Programmed has partnered with Sonder - EAP, Health & Wellbeing provider

- 24/7 access to wellbeing specialists and registered nurses
- Regular wellbeing and mental health check-ins
- Trusted self-care resources and articles
- Personal safety tools and local disruption alerts

Download the app from the app store and explore how Sonder can help you take care of yourself.

Use your PERSOL | Programmed email address to log in. For staffing on-site employee access, instructions can be found [here](#)

Complete the 3 minute confidential wellbeing assessment which also provides personalised insights & recommendations to support and strengthen your overall wellbeing.

For more information on Sonder refer to our [intranet page](#), speak with your HSEQ team member or email safety@programmed.com.au

