



SELF CARE BURNOUT PREVENTION



GUIDE



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Welcome.

In a world where our to-do lists never end and stress seems like an unwelcome houseguest that just won't leave, this guide is your friendly reminder to hit pause and take a breather.

Packed with practical tips and strategies this guide is here to help you ease your stress.

Because, let's face it, taking care of yourself shouldn't feel like another chore—it's your secret weapon for a happier, healthier, and more balanced life. So, grab a cup of tea, find a cozy spot, and let's dive into the art of self-care!

**intro
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ion.**

QUIZ

SELF CARE & APPRECIATION



Before we begin lets get a snap shot of how you rate your current level of self care.



1

2

3

4

5

Almost never Occasionally Half the time Fairly often Almost always

- | | | | | | |
|--|---|---|---|---|---|
| 1. I speak to myself like I would to a good friend | 1 | 2 | 3 | 4 | 5 |
| 2. I sit quietly and/or meditate daily | 1 | 2 | 3 | 4 | 5 |
| 3. I make sure I drink enough water daily | 1 | 2 | 3 | 4 | 5 |
| 4. I stretch or intentionally move my body daily | 1 | 2 | 3 | 4 | 5 |
| 5. I feel compassion when I look in the mirror | 1 | 2 | 3 | 4 | 5 |
| 6. I eat a nourishing meal each day | 1 | 2 | 3 | 4 | 5 |
| 7. I get a daily dose of sunshine and fresh air | 1 | 2 | 3 | 4 | 5 |
| 8. I get enough sleep | 1 | 2 | 3 | 4 | 5 |

Building healthy habits one step at a time to achieve goals.

One thing that I can continue that I am doing well at?

One thing that can be tweaked?

One thing I need to stop?

TYPES OF REST TO REDUCE STRESS & AVOID BURNOUT



EMOTIONAL

Cut back on pleasing people.
Review your needs, set healthy boundaries.



PHYSICAL

Improve your sleep.
Get a massage or take a nap.



SOCIAL

Take some time to be alone.
Do something you enjoy doing.



MENTAL

Take a break, journal, read, spend time in nature.



SENSORY

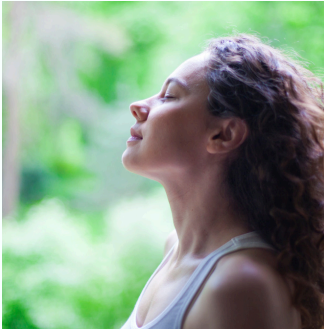
Unplug for a moment.
Take time out from social media and technology.



SPIRITUAL

Pray or meditate.

MICRO SELF CARE



STRATEGIES TO SELF SOOTHE

- Breathing
- Heart math
- Slowly turn your head side to side
- Ground yourself (spend time in nature)

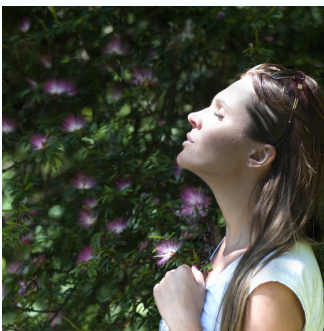
Power is in the now, be present



PATTERN INTERRUPT

This is a technique used to disrupt a habitual thought process, behaviour, or emotional response. It gives you a moment to change your path or behaviour.

- Hand cream / hand massage
- Sing or hum
- Go to the bathroom
- Essential Oil / Face mist
- Drink of water



GROUNDING

Calm your nervous system by using your senses and ground yourself.

- 5 things you can hear
- 4 things you can see
- 3 things you can feel
- 3 things you can smell
- 1 thing you can taste



TAKE A MOMENT **BREATHE**

Breathwork meditation involves consciously and mindfully changing your breathing patterns to improve relaxation. There are many reported benefits of breathwork meditation, from reducing stress and anxiety to improving sleep and mood.

- In 4 out 8 - Communications to the body that you are safe. Helps transition from fight flight (sympathetic) to ventral (safe)
- Box breath: In 4, hold 4, out 4, hold 4 - Instructs your lungs to breathe rhythmically. Eases nervousness and panic attacks, helps with insomnia and helps you refocus.
- In 4, hold 7, out 8 - Practice of breath regulation, eases anxiety, helps you sleep.
- 2 short inhale through the nose, 1 long exhale sign through the mouth. Helps to ease anxiety.

BREAKING THE CYCLE

UNRELAXED LIVING

How do I reset my relaxation mechanism?

RELAX

Calming heart, spirit, and resting mind and body—not easy or simple jobs. They have to be learned.

I AM WORTHY

Grant yourself permission to relax, embracing worthiness without shame or guilt.

SOOTHE

Try meditation, breathwork, yoga, stretching, reading, art, cooking, sitting in nature.

'RELAX TIME'

Book it in your diary as you would an important meeting.



60 Second Self Care Retreat

Beat Overwhelm with our 60 second Micro Retreat



When you find yourself, overwhelmed and stressed and know you need to shift out of it, it's time for a 60-Second Micro Retreat!

When life feels overwhelming, and we find ourselves stressed, reactive, and spiraling, it's reassuring to know we can take control. We can stop the spiral, calm ourselves, and prevent a tough moment from turning into a bad day—or even a bad week. Best of all, it only takes 60 seconds to reset.

STEP 1:

Find a comfortable position, close your eyes, and focus on slowing your breath.

STEP 2:

Choose a mantra or affirmation that feels grounding and calming to you. Some examples include: I am connected, I am loved, I am safe, Let it go, I release my frustration,

I let go of my anger.

Repeat your chosen mantra for 60 seconds, relaxing your jaw, neck, and shoulders as you do so.

STEP 3:

Return to the present moment by taking a deep cleansing breath. Inhale briefly, then exhale slowly with a sigh. To enhance this 60-second Micro Retreat, think of three things you're grateful for—adding gratitude can elevate the experience even further.

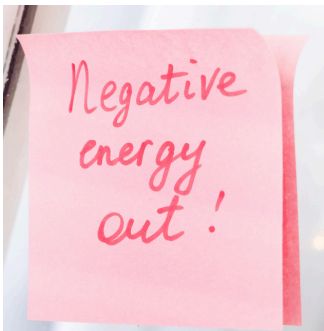
60 Second Self Care Retreat



3 CALMING MANTRAS:

Using a mantra helps redirect your focus from the chaos around you to a place of calm within.

1. Release – Repeating the word “Release” signals your mind and body to let go of stress, fear, and worry.
2. All is well. I am safe. – Whether you say one part or both, this mantra helps reframe your mindset and reminds you that everything will be okay, even if it doesn't seem so right now.
3. I breathe in love. I breathe out fear. – Pair this mantra with your breath, focusing on the rhythm of inhaling love and exhaling fear. This dual focus on breath and words can create a deeper sense of calm.



3 minute Mood Boost

From Chaos to Clarity: Your 3 Minute Mood Makeover



When your mindset feels stuck or unhelpful, and you know it's time for a change, a quick 3-minute Mood Boost can help you reset and refocus!

Feeling overwhelmed? Try this 3-minute Mood Boost to reset and find calm. Perfect for shifting anger, sadness, or frustration—anytime, anywhere, even in 30 seconds if you are pressed for time!

STEP 1:

Start by noticing your thoughts. Don't get attached to them—simply acknowledge their presence and let them drift by like clouds in the sky.

STEP 2:

Next, turn your focus to your breathing. You don't need to overthink it; just slow it down gently.

As you breathe, choose a mantra or affirmation that resonates with you, such as, I am capable, I am calm and centered, Peace is within me, I choose peace over anxiety, I forgive myself, or I am enough.

STEP 3:

Finally, shift your attention to gratitude. Reflect on three things you're thankful for, no matter how big or small. Take a moment to appreciate your surroundings, then continue your day with a brighter and more positive outlook.

BENEFITS OF A MOOD BOOST:

This quick exercise is more than a mood reset—it's a powerful self-care tool. By disrupting negative thoughts and practicing breathwork, affirmations, and gratitude, you train your mind to find balance. Over time, these mindful moments enhance emotional resilience and well-being.

HOW TO IMPROVE YOUR SLEEP

THE ART OF SLEEP

Review your evening routine

- Reduce screen time before bed
- Shower - visualise stress of the day washing off and down the drain
- Practice gratitude - be thankful for the days blessings and lessons.
- Comfort - Buy the good pillow!
- Regulate room temperature, consider a Sleep Cooling Blanket, block excess light.
- Minimise noise - If you cant eliminate consider white noise such as a fan or try ear plugs.
- Breathwork
 - Whatever you inhale, double the exhale
 - Magic 7
 - In for 4, hold 7, breathe out for 8
- Try gentle yoga poses or somatic exercises.



HOW TO IMPROVE YOUR SLEEP

THE ART OF SLEEP

- Wind down time - 30 minutes before bed start to quieten down
- Go to bed when you are tired! Make the most of the window.
- Consider supplements - High quality magnesium and Tart Cherry Juice (naturally increased production of melatonin and tryptophan)
- Look at your habits during the day that may be impacting your ability to fall asleep or stay asleep.
- The basics - Get 20 minutes of sunlight daily, move your body, limit caffeine after 2pm.
- Reduce alcohol, it might help you all asleep but sleep quality will be poor.
(moderate alcohol reduces quality by 24%)



PRESSURE POINTS REDUCE STRESS RESPONSE

Acupressure involves applying pressure to different parts of the body. Acupressure can help reduce muscle tension, relieve pain, and more.



Stimulates energy flow



Stress, anxiety and headache



Concentration, mental awareness & clarity



Sense of security, soothes emotions, calms stress



Anxiety and nausea



Stress, anxiety, insomnia, menstrual cramps



Safety, reduces anxiety



Stress, anxiety, insomnia



SELF SOOTHE

NERVOUS SYSTEM REGULATION

Your goal is to communicate to your nervous system that you are safe and there is no threat present.

These are some fantastic methods that you can do anywhere and at anytime to bring your stress response down.

- Focus on your breathing - Your lungs are the only organ you can control, focus on a longer exhale and communicate safety to your other bodily systems.
- Slowly turn your head from side to side – partially close your eyes, turn your head slowly side to side while telling yourself you are safe. It triggers our primal response to scan for threat. Tell your body there is no threat.
- Gently rub hands down over your arms or hug yourself – the physical touch releases oxytocin, your ‘love hormone’ and helps to regulate emotions and combat cortisol.



SELF SOOTHE

NERVOUS SYSTEM REGULATION

- Sigh, Hum, Sing (stimulates the vagus nerve)
- Pressure point techniques
- Perform progressive muscle relaxation - drop the shoulders, relax the jaw etc moving down your body and releasing tension.
- Do a check in with your body - where are you feeling the tension? Try to breathe into that space and imagine the tension dissipating.
- Listen to calming music
- Self massage - give yourself a hand massage
- Use aromatherapy - can activate your smell receptors, which send messages through your nervous system to your brain.
- Visualise a peaceful place
- Stretch, move, shake your body - burn excess adrenaline, and calm the nervous system to its neutral state.

TAKING CARE OF YOUR MENTAL HEALTH



- Get regular exercise
- Eat healthy regular meals
- Make sleep a priority
- Set goals and priorities
- Stay connected
- Be in the moment
- Stay hydrated
- Volunteer to a cause important to you
- Try a relaxing activity
- Laugh more
- Learn time management
- Pause - just relax
- Learn to say no
- Practice self compassion
- Catch your inner critic - speak nicely to yourself
- Declutter your space
- Use positive affirmations
- Practice gratitude
- Schedule holidays or mini breaks
- Talk to a friend
- Meditation or prayer
- Journaling
- Take breaks at work
- Eat lunch away from your desk
- Be creative
- Spend time in nature
- Make time for you
- Set healthy flexible boundaries
- Prioritise your needs
- Healthy skincare routine



Thank you.

I am no longer going to stress about anything. I know, no matter what it is, it's going to be taken care of just as everything else has been in my life.

So long as I remain committed to myself, find happiness and peace in each given moment, and surrender to the things I cannot change, I know my life will be abundant.

I know all is well.

I know I am well.

Now....carry on.

**sum
mary**

turn the page for a little
extra and a bonus!

F.A.S.T. TRAINING AUSTRALIA

WHO ARE WE?

A training company with a unique style focussing on fun and engagement.

We are more than your average first aid training company! You may be surprised with what else we can offer.



I am very happy with the service we received from FAST First Aid Training. The pre course resources are thorough and the facilitators engaged our staff with clarity and care.

Highly recommend.

Nic Constable - Principal



Our mission is to offer stress-free planning for organisers and fun and engaging training for our students.

No boring stories - guaranteed!

PROGRAMS & COURSES



WORKPLACE FIRST AID

We come to you!
Relevant, fun and Fast!

GROUP RATES

Ask us for a quote or our Bundle & Save rates



COURSES

7 locations, courses available to the public.

DISCOUNT CODES

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Share with a friend!



ONLINE

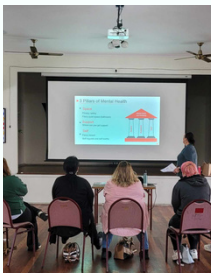
Across many industries and competency requirements.



YOUTH

Years 9 -11
Street Smart
Safety Safety & Wellbeing.

Years 12
Schoolies Street Smart



MENTAL HELATH

A wide range of courses to help meet legislative requirements

- 30,60, 90 min Programs
- Accredited First Aid Mental Health
- Communication & Conflict Resolution
- Workplace Wellbeing.