



Professional wellbeing tools and resources for use in clinical practice, education and training

Download this app

[My Well-Being Index app](#)

Use this app by Avant to help you keep track of your wellbeing, quality of life and professional work capacity

Complete this tool

[TEN Digital Mental Health Check-up assessment tool](#)

Access supports to manage anxiety, depression and burnout in this tool by the Black Dog Institute

Watch this video

[Clinical supervision: Caring for the care provider \(7 min\)](#)

Learn about clinical supervision and the self-care strategies to support your wellbeing in this video by NSW Government

Listen to this podcast

[Self-care Matters: Body Scan](#)

Explore meditation techniques to assist with physical and mental relaxation and help you in your palliative care role. A podcast by Palliative Care Australia

Access this resource

[ELDAC Self-care room](#)

Learn self-care approaches to increase wellbeing and find resources to cope with death/dying, reflect and support other staff in aged care

Optimise your learning

[Exploring the meaning and practice of self-care among palliative care nurses and doctors](#)

Palliative care clinicians explain what the self-care concept means to them in this review by Mills, et al.