

Staying well



Whatever the challenges you're facing, these tips on self-care should help you keep your battery charged to **stay safe and well**.



Brains love a routine. Try to create a balance of work, rest, exercise, and fun.

Fit exercise into your day.

A short jog or brisk walk will boost your mood and release stress.



Learn to relax.

Find something you enjoy and make time to absorb yourself in it.



Be your own best friend.

Be kind and watch out for negative self-talk.

Aim for realistic optimism.

In your role you will see the worst and best of life. Hold on to those hard-earned joys.

Sleep well. Give yourself the space to unwind before getting into bed.



Stay connected.

We benefit from spending time with others.



Acknowledge how you feel,

both good feelings and bad. Try not to bottle them up.



Count your blessings.

Gratitude is good for us.

Watch out for alcohol or drugs.

If you're relying on them, ask for some help.

