



Personal well-being tips

- **Check in on yourself every day and ask 'do I feel OK today?'**

If you don't feel OK, try to find out what the problem is and think about any help you need or changes you should make.

- **Take time to reflect**

Reflective practice can help you process experiences, work out solutions and be more accepting. This helps you to be kinder to yourself.

- **Make sure you have someone you can talk to, both inside and outside of work**

You can ask friends, peers and people you work with for help or advice to make sure you're not alone when you're having a tough minute, day or week.



- **Don't 'just get on with it'**

Talk to people in your support networks about challenges you're facing or feeling. When you're asked to do something, be confident to say no if it would be more work than you can manage.

- **Use your leave properly**

(including annual leave, daily breaks and sick leave if you're unwell). Using leave properly will make sure you're well-rested and able to look after yourself and others.

- **Have a routine with good work-life balance**

Hobbies, being active, eating well and connecting with friends or family can all keep you balanced. Resting is important to help you stay well and will help you to support others.