

TAKE CARE OF YOURSELF

Your health and wellbeing matter.
In difficult conditions at work these following tips may help.



Self-awareness is important

Often, some one thing or incident affects you more than other, for example because you can relate to it in some way. Be aware of what may be bothering you and causing stress.

General self-care

Make time for something that helps you rest; brings you joy and increases energy.



Self-compassion and facing the unknown

Beware your own self-judgement. Working in healthcare is hard and sometimes you may feel that there is nothing you can do or that you have no control over a situation. Be kind to yourself and your co-workers.

Conversations help

If your usual coping mechanisms and self-care are not enough it is important to seek support. Talk about your work with your manager, co-workers or someone you trust.

