



#### Know your emotions

Become aware of how you are feeling and thinking through reflection and listening to feedback.

#### Establish a sleep pattern

Go to bed at a similar time each night when able, have screen free time before bed, avoid caffeine in the evening and ensure you get enough sleep.

#### Eat Well

A balanced diet is shown to make us feel more emotionally and physically healthy.

#### Exercise

Regular exercise provides routine, produces endorphins and improves sleep.

#### Talk

It is good to talk. Share your worries and concerns with friends, family, colleagues or supervisors.

#### Reach out

It is ok to not be ok. If you are struggling ask for help, visit your GP or speak to occupational health.

#### Breaks

Ensure you take adequate breaks and rest; especially during busy days.

#### Rewards

Give yourself something to look forward to. This can be as simple as a chocolate bar after a busy day or as exciting as a holiday during annual leave.

#### Keep in touch

Stay in contact with family and friends. They can offer support and perspective.

#### Positivity

Remind yourself of your strengths, think about what you are grateful for and have self-belief.