

# Tips for sustaining your wellbeing

The National Health Service recognises that the work you do is exceptional, and what you do is even more exceptional.

- In these highly stressful circumstances, be kind to yourself. You are only human and feeling anxious or overwhelmed in this situation is very natural.
- If you are working in a new team or setting, it is natural to feel even more unsettled and overwhelmed. Remember it is ok to seek support from your new colleagues. Do not be afraid to ask questions or check your work with someone.
- If you feel overwhelmed at work, slow your breathing and ground yourself.
- Remind yourself of the knowledge and skills you have, and the times when you have successfully managed stressful situations in the past
- Try and establish a routine, especially when you return home from work.
- Rest is essential. If you find it challenging to sleep, try a few relaxation techniques.
- Reconnect with your family or hobbies. When we experience stress, we are less motivated to engage in positive activities. However, this is when we need to engage in positive activities the most!
- Maintain close contact and support with from your friends and family. When in a state of crisis or trauma we can sometimes hide away from others.