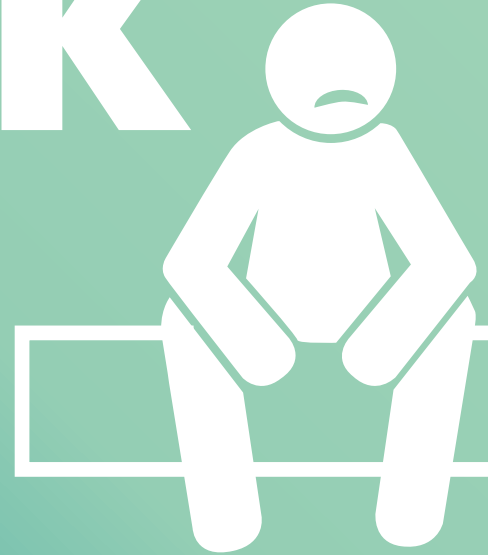


# AM I OK?



1

Do you regularly feel **DISCONNECTED** from the relationship of caring for the patient, family, and colleagues?



2

Do you regularly feel **EMOTIONAL EXHAUSTION** – like you have nothing left to give?

3

Do you regularly feel **A LACK OF FEELING OF ACCOMPLISHMENT** or feeling **INEFFECTIVE** in what you do?



If you answered YES to all three, consider talking to your line manager or someone you trust about the impact of your work. You may want a referral to your local employee wellbeing service.

