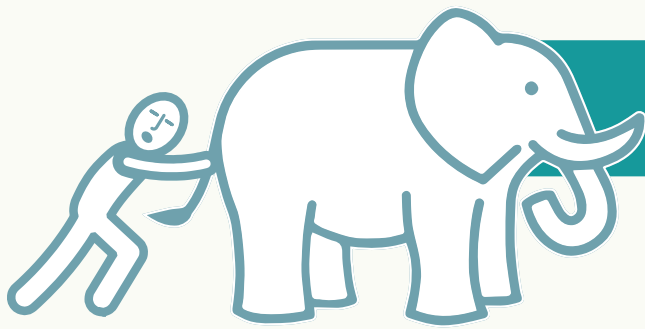
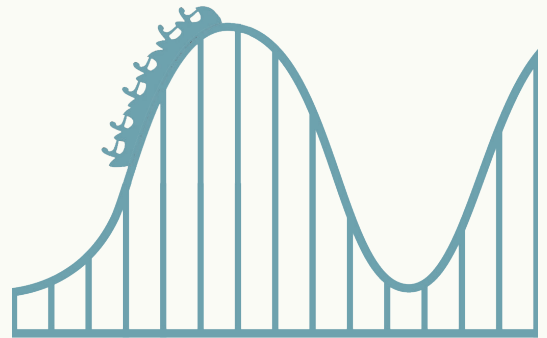


MANAGING YOUR WELLBEING

Striking a balance between the positive factors and resources at work and the negative factors or demands at work isn't always easy. It is normal to have difficult days, but the following can help:

Effective “rollercoaster riding”

Some people describe working in critical care as an emotional rollercoaster, so ways to counter this are important. Remember to take your breaks. Create a few minutes to step away from the unit, take a breath and relax. Outside of work allow enough “down time” where you can switch off.



Acknowledge you are only human

The clinical work can provoke strong emotions. Sometimes when you have other issues outside work, coping with those emotions can feel even harder.

Space to reflect, share and beware using avoidant coping strategies

We see a lot in critical care, and we need space to reflect and make sense of this. Keeping very busy, avoiding discussing things, over-eating, and drinking to excess are all risk factors. Your support networks inside and outside work are good places to discuss the day.



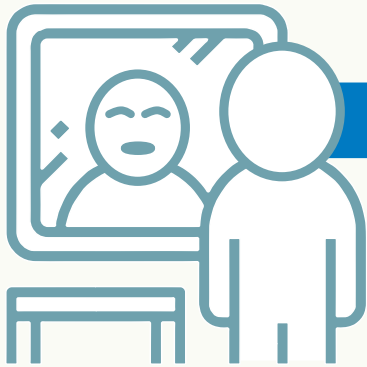
There are times when our psychological wellbeing is so challenged that self-care is not enough. If you are finding things difficult, consider talking to your line manager or someone you trust about the impact of your work.

You may want a referral to your local employee wellbeing service.



HOW TO APPROACH SELF-CARE

Your health and wellbeing matter. In the context of working in a busy critical care unit the following may be helpful.



Self-awareness is important

There will always be that one case that has a greater impact, often because there is something that you connect to. Be aware of the things that may bother you, and your own warning signs of stress.

General self-care

Take time for the things that bring you rest and joy.



Self-compassion and embrace uncertainty

Beware your own critical eye. Working in healthcare is hard and there are times when you will feel there is nothing you can do, or you cannot control the situation. Be kind to yourself and your colleagues.



There are times when our psychological wellbeing is so challenged that self-care is not enough. If you are finding things difficult, consider talking to your line manager or someone you trust about the impact of your work.

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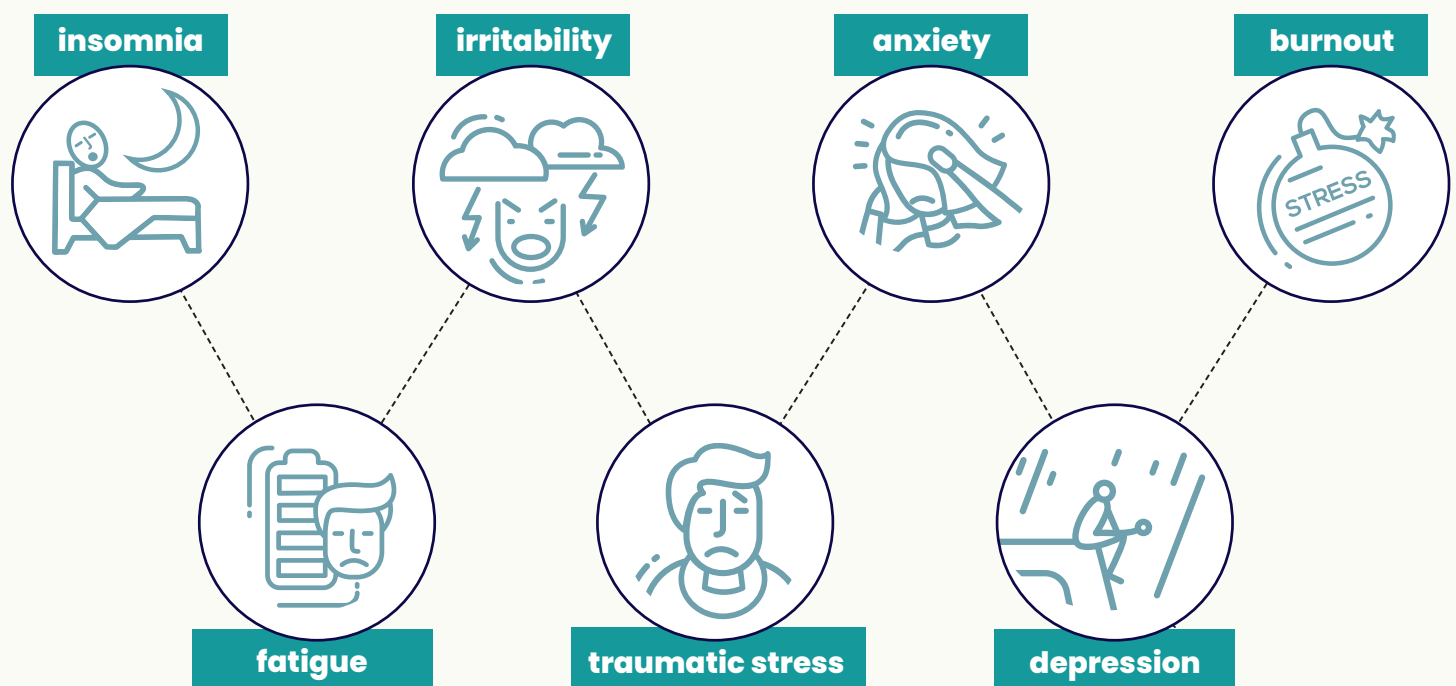




IMPACT OF REDUCED WELLBEING

Psychological stress is defined as demands exceeding resources. Small amounts of stress may be perceived as challenging and motivating, however sustained and excessive stress may lead to psychological distress such as feeling pressured and being overwhelmed.

Extreme stress can result in



We all have a **limited capacity** – stresses at home make it harder to manage stresses at work, and vice versa.

If you are experiencing any of the above 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.

