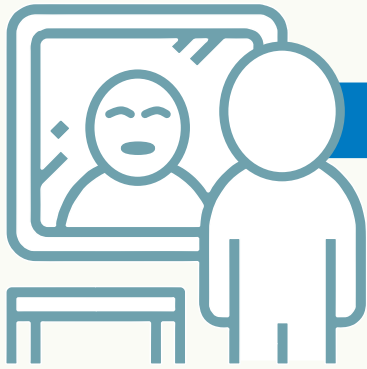


# HOW TO APPROACH SELF-CARE

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.**

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

