End of shift huddles
What’s been difficult today?
What could we do differently?
What issues do we need to escalate?
What positives have there been today?

Communication

Optimise time off

Value yourself

Identify resources

Decrease anxiety

Simple Relaxation exercises
Take a slow deep breath.
Start by inhaling slowly through your nose. Notice your chest rising as you do this.
Now gradually exhale, blowing the air out from your mouth. The aim is to gradually make each breath longer and slower.
Repeat this a few times. Try to relax your body. If you are getting distracted try to gently refocus yourself on your breathing.

Self help CBT – get.gg

Designed by Dr Emma McLean - Ealing Liaison Psychiatry Service