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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?

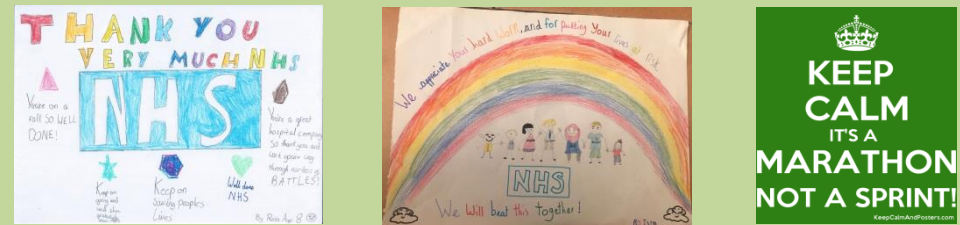
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Simple Relaxation exercises

- 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.