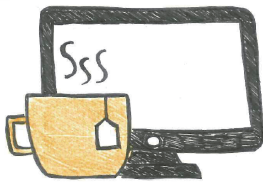


Self-care

C · H · A · L · L · E · N · G · E · S

Tips to find your spark again!



Take short breaks at work



Go for a 30-minute walk



Recognise strengths in the people you work with



Text someone you are thankful for



Ask for help when needed



Go to bed 30 minutes earlier



Forgive yourself for making a mistake



Say something kind to someone who needs a lift



Offer help to someone in need



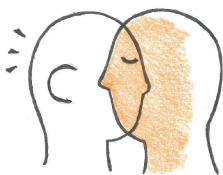
Try volunteering work



Tidy up a small area of your desk



Take care of some potted plants



Use active listening and empathy when supporting someone with a problem



Catch up with a friend

Try at least two in a week to maintain your mental health!