

Top tips for Staying Safe and Well at Work



Stay connected. Make connection to your family, friends and colleagues a priority, but you'll need to adapt your usual ways of doing this.



Remember to exercise, relax and take a break. Spend time outside in the fresh air and get in touch with nature. Learn a breathing exercise.



Find out about normal reactions. The chances are your feelings and emotions are a normal reaction to stress.



Eat healthily and remember to give your body the energy it needs.



Keep a clear boundary between your work life and home life.



Take care with alcohol.



Get a good sleep. If you're having problems, try the Sleepio app. It's free to all health and social care staff.



Limit your exposure to the news and media.



Talk or reach out if you're beginning to feel overwhelmed. Remember it's okay not to be okay



Remember self-compassion. Learn to be as kind to yourself as you are to the people you're supporting.

Learn how to follow these tips at the National Wellbeing Hub website:

www.nationalwellbeinghub.scot