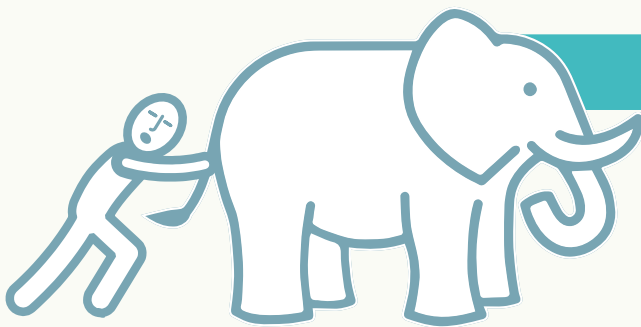


# MANAGING YOUR WELLBEING

Striking a balance between the positive factors and resources at work and the negative factors or demands at work isn't always easy. It is normal to have difficult days, but the following can help:

## Effective “rollercoaster riding”

Some people describe working in critical care as an emotional rollercoaster, so ways to counter this are important. Remember to take your breaks. Create a few minutes to step away from the unit, take a breath and relax. Outside of work allow enough “down time” where you can switch off.



## Acknowledge you are only human

The clinical work can provoke strong emotions. Sometimes when you have other issues outside work, coping with those emotions can feel even harder.

## Space to reflect, share and beware using avoidant coping strategies

We see a lot in critical care, and we need space to reflect and make sense of this. Keeping very busy, avoiding discussing things, over-eating, and drinking to excess are all risk factors. Your support networks inside and outside work are good places to discuss the day.



**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.**



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