

## **Practical Ways to Look After** Your Mental Health Each Day

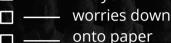


Wake up on time & practice some deep breathing



Use all of your senses to engage with an activity







Eat a balanced diet of fruit & veg between services



Get a good nights sleep aim for 8 hours



Identify & list your strengths



Disconnect from technology



Focus on the present. Stay in the here and now



Volunteer your time or skills to charity



Let other people know how you are feeling



Turn off social media . Use 'Do Not Disturb' mode



Try some meditation / be still for 10 mins



Write down 3 things you are grateful for



Engage in a thought diary before & after shift



Learn a new skill or hobby



Get active for 20 minutes a day



Catch up with friends or family on days off



Make some time for self-care

FOLLOW ON SOCIAL MEDIA





