



THE BURNT CHEF
PROJECT

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



List your
worries down
onto paper



Eat a balanced
diet of fruit & veg
between services



Get a good
night's 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

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