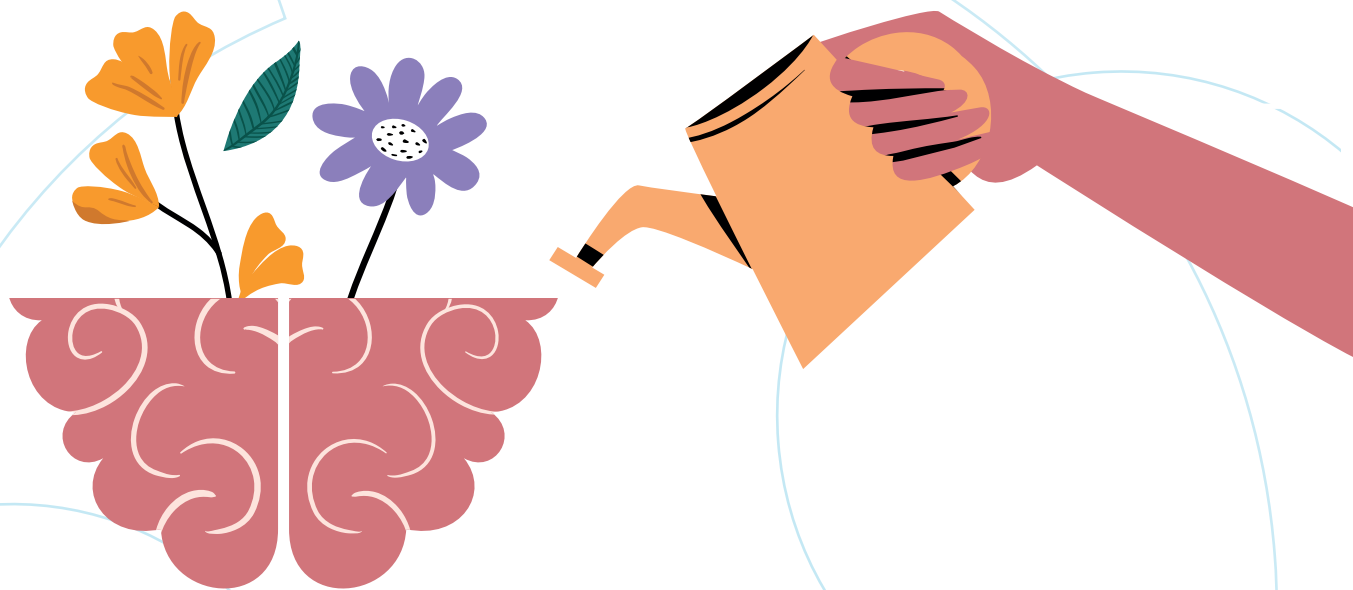


Your wellbeing matters



Remember to take your breaks!

Acknowledge you are only human – it's okay not to feel okay

Be aware of the things that may bother you and warning signs of stress

It's good to strive for excellence, but don't be too hard on yourself

Reflect and share – beware of avoidant coping strategies

Take time for the things that bring you rest and joy



SCAN HERE

Contact us

Call **01202 130130** from **8 AM to 4 PM (Mon - Fri)**
or contact us using our online referral form.

<https://joinourdorset.nhs.uk/wellbeing>