



#TakeHeART

Are you **H**ungry? Are you **A**ngry?
Are you **R**ushed? Are you **T**ired?

Do Take A Break

FACE [Harris 2020]

Focus on what is in your control

Acknowledge thoughts and feelings

Come back into your body (notice body— press feet into floor, or press fingertips together)

Engage in what you're doing - refocus on the activity in hand



- ◆ Take a moment to think about today
- ◆ Acknowledge one thing that was difficult during your working day—let it go
- ◆ Consider three things that went well.
- ◆ Check on your colleagues—Are they OK?
- ◆ Are you OK? Your senior team are here to support you.
- ◆ At the end of your shift—switch your attention to home

Rest & Recharge