

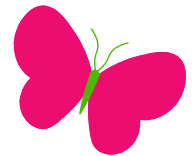
STAFF WELL-BEING BEFORE YOU HEAD HOME



Take a moment to think about today.....

Acknowledge one thing that was difficult during your working day

Let it go

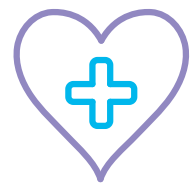


Check on your colleagues before you leave

Are they OK?



Are you OK? Your senior team are here to support you



Consider three things that **went well**.....



Now switch your attention to home

REST

RELAX

REFRESH