



TAKING CARE OF ESSENTIAL WORKERS

HOW CAN I HELP MYSELF?

We all have a personal duty to take care of ourselves and our health and wellbeing. People are different in the way they like to de-stress but there are some general pointers:

Smile

Think about what you have found helpful in making you happy or relaxed (avoiding the harmful crutches such as the excessive use of alcohol or drugs)

Family



Spend time with the family playing games or eating meals together

Exercise

Take exercise, even if it is only in your front room



Hobbies



Listen to music, read a book, pick up an old hobby

Rest

Make sure you make time for some proper rest and relaxation



Talk

Use others around you to talk to if you are feeling exhausted, worn out or worried. You may not want to share your thoughts with a partner but perhaps there is someone at work you trust.