

5 self-care ideas that work



1

Take your break

Push yourself to take a proper break. It will help you to continue caring.

2

Breathe deeply

Practice deep breathing and put it into practice when you're feeling stressed. It will help you to relax.



3

Stay hydrated

Keep your water bottle with you and remember to drink. It will help you to feel good and think clearly.



4

Say hello

Get to know your workmates. It will help you to connect and look out for each other.



5

Appreciate yourself

Remind yourself that your care matters. Pause and think about how your work makes a difference to others.



Visit the **ELDAC Self-Care Room** for more ideas for self-care and to share your ideas with others!