

Boosting Wellbeing



Before work

What helps me feel rested, nourished and refreshed before work?

Who is the best person to talk to about any of my concerns?

At work

What strategies help me stay focused and well under pressure?

How do I stay attentive to the wellbeing needs of the team during our shift?

After work

What helps me process the shift and feel okay before leaving work?

What opportunities are there to reflect, share and learn together as a team?

How do I care for **myself** ?

