

None of us are superhuman or super heroes. On occasion, we all get tired or overwhelmed by how we feel or when things don’t go according to plan, but nobody could have planned for this current situation.

Without you, we could not deliver the quality and effective care to our patients. We all need to look out for ourselves and for others. Be aware that the person next to you may be feeling as anxious and as scared as you are, but doesn’t show it. It’s good to talk, share your feelings and ask questions rather than rely on what is published on social media.

There will always be days when you wonder how, what, why….. Don’t we all!

Try to keep eating healthily and regularly. Sleep is essential to our mental health. Listen to your body. Without good sleep, our mental health suffers and our concentration goes downhill.

Under normal circumstances, it would be recommended that we go for a walk or meet up with friends and family. As this is not currently the case, have you thought about listening to pod-casts or life hacks (if nothing else they could put a smile on your face). Facetime and Skype are a really good way of keeping in contact with loved ones. Some people are playing games and even holding virtual parties via this media.

I’m sure you all know the above, but it pays to be reminded from time to time. But most importantly, remember you are not alone.

There are numerous useful contacts attached to this as well as links which you may find helpful. Please use them if you feel you need to. If you can think of anything that you found useful and would like to pass it on please let your line manager know and we will add it to the list.

Everybody should be so proud in the way we have all managed to work as a team. This has enabled us to get as far as we have.

**Most importantly, take time out for yourself…. Look after you ☺**