

Ways of protecting & supporting your own mental health

Design a roadmap that is unique to you,
in moments when you're NOT in crisis



You know what your stress looks like;
you know how you seek, receive and ask for help

This might take a bit of time and reflection...



My Red Flags

Work out what your signs of stress are and share this with your team
or your manager



My emergency self care plan

What can you do to immediately tackle an unexpected stressful
situation



My ongoing self care plan

Keep yourself accountable. Do things to support your own mental
health all the time, not just in times of crisis



Be mindful



Connect



Be active



Be kind



Keep learning