

PROJECT: SELF

Working in the Emergency Department can be **physically and mentally challenging** for all of us! Caring for ourselves should be our top priority. Try introducing these five aspects into your daily routine to feel happier, healthier and re-energised.



NUTRITION

- Aim for a well-balanced diet
- 1-2 cheat days a week are OK!
- Individual plan - everyone is different. Find out what works best for you, e.g. portion sizes, metabolism
- Weekly food planner and cooking in large quantities helps reduce snacking



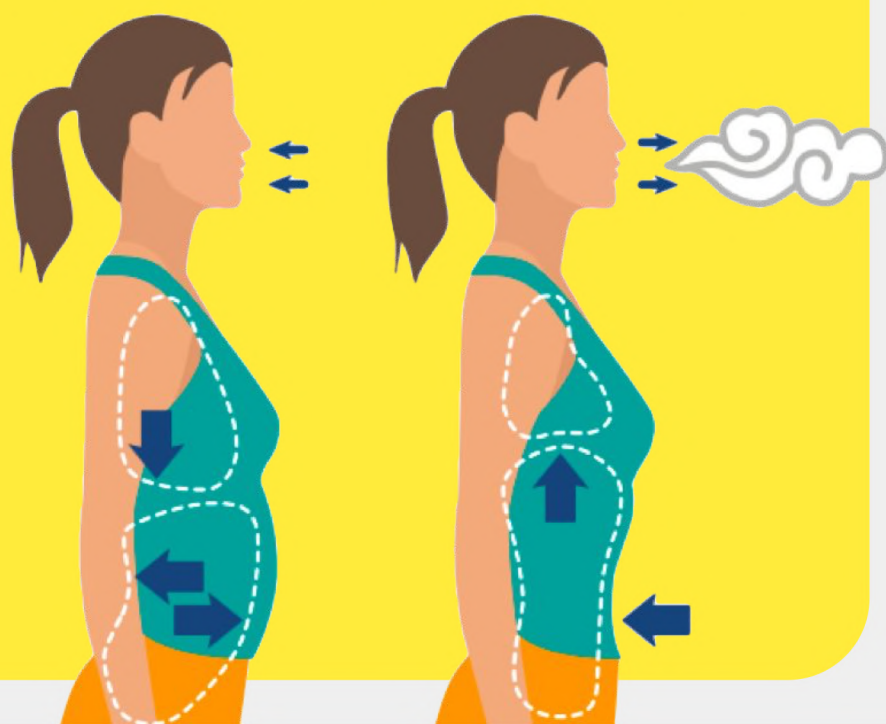
FITNESS

- Aim for 10,000 steps a day - totally possible on the shopfloor!
- Hanging a FitBit from your lanyard works just as well
- Strength training, e.g. light weights/yoga improves core strength and reduces joint pain



STRESS MANAGEMENT

- Diaphragmatic/deep breathing is an easy way to relax - breath in slowly through your nose, out through your mouth 5-10 times. Helps to reduce headaches, lowers blood pressure, heart rate, and aids digestion
- Listen to your favourite music
- Prioritise fun & laughter



RESILIENCE AT WORK

- Constant multitasking and high workloads can overwhelm anyone - don't fight the battle alone!
- Being tired or hungry can often exacerbate these feelings
- Top Tips - take regular breaks, stay hydrated, escalate concerns to senior staff, e.g. Nurse/Doctor in Charge



SLEEP HYGIENE

- Night shift strategies - invest in an eye mask or blackout blinds, ear plugs, lower the bedroom temperature and wrap up more!
- No caffeine for at least 6 hours before bedtime.
- No 'screentime' at least 1 hour before bed.



Check out our previous blog!

