

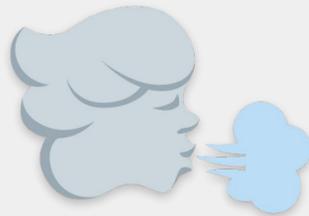
# PROJECT: SELF

#HelloMyNameIs **Sunny**. After years of studying and training as a doctor, I realised that I could only do my best for others if my own health and wellbeing was at its best. So what's the plan? **Project: Self**



1

**When everything overwhelms me: I stop and breathe.** I take the time out to remember my breath, it calms me down. Try it, it really works!



2

**I ask for help early on.** This applies to me outside of work also. I am aware of my limitations, this is a strength in itself. Don't fight the battle alone!



3

**Spend quality time with friends and family.** Even if that's a pit stop coffee with a quick natter, I love it. Nothing beats the giggles I have with the girls!



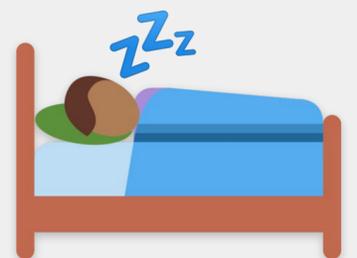
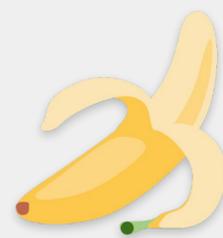
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**To-do lists can be never ending.** The first step is learning how to say 'no'. The second is learning how to prioritise tasks based on effort vs impact. Feel empowered by completing tasks that require less energy for maximum reward.



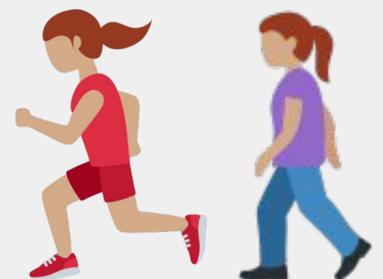
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**Eat well, sleep well.** I am far more health conscious and I try to have a well-balanced diet. Pre-planning meals and cooking in large quantities help. **Good food = healthy body = better sleep.**



6

**Take a walk, get some fresh air.** When I need a break from Resus, I sit under the tree by our ambulance bay. The sunrise at the end of a night shift is truly beautiful – it totally changes my mindset. I aim for 10,000 steps a day and part of this, is taking long walks with my son. Invest in a FitBit if you can!



7

**Make time for yourself.** Take 5 minutes a day to switch off from everything. Listen to music, lie down and focus on your breathing or just stare into space. It is a form of relaxation/meditation, it helps re-balance all of those stress hormones that are in constant overdrive for us. Do it for a week and see the difference!



## Sunny's Top Tips!



Check out the full blog!

