

PSYCHOLOGICAL PPE

Take time to take a breath

- Our breath regulates our physical and emotional wellbeing. Pausing, slowing our breathing, taking deeper breaths will help re-balance us

Pace Yourself

- Take time off - **REST & REPLENISH**
- Exercise
- Spend time on the things that bring you joy and contentment
- Spend time with family, friends

Mind your mind

- Be careful of getting stuck in negative, worrying thoughts.
- Take time to chat through worries with friends
- Have covid free time
- take time off from news etc
- Sleep/ eat well/ keep hydrated
- this help our attention and concentration

Look after Yourself

- Providing care is emotional and it affects us emotionally
- Feeling sad and upset is ok
- factor in time to your day to experience the feelings of the day
- Be compassionate to yourself as well as to others