

My self-care pledge is to...

Take up out of work activities.

My self-care pledge is to...

Get the AMHP together once a week for lunch.

Making your life easier

3 Session Training

My self-care pledge is to...



take time to have lunch away from my desk.

My self-care pledge is to...

My self-care pledge is to...

ENSURE LIFE TURNS NOT ON TRIFLES BUT ON THE STARS.

My self-care pledge is to...

Learn to switch my phone off! And to say  No when I already  have <sup>enough</sup> to do

My self-care pledge is to...

Take time for myself...  
every day!

My self-care pledge is to...

Become a self-care champion

My self-care pledge is to...

To ensure that my home life is at equally important as the people I support and care for at work

My self-care pledge is to...

take regular breaks from my computer to get to know my colleagues better x'

My self-care pledge is to...

- Become a self care champion in my team.
- Go outside + spend more time outdoors.

My self-care pledge is to...

learn to say No

My self-care pledge is to...

Walk the village at least once a week.

My self-care pledge is to...

- spend time developing my self care action plan.
- TO practice mindfulness
- re-frame a situation I view as difficult.

My self-care pledge is to...

10 minute walk at lunch.

My self-care pledge is to...

Be more mindful every day.

My self-care pledge is to...

Be present!

My self-care pledge is to...

Try to leave on time more often.