

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, recieve 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



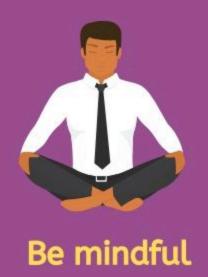
My emergency self care plan

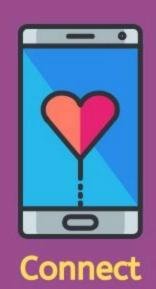
What can you do to immediately tackle an unexpected stressful situation



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









Keep learning