

# 5 self-care ideas that work



1

## Take your break

Push yourself to take a proper break. It will help you to continue caring.

2

## Breathe deeply

Practice deep breathing and put it into practice when you're feeling stressed. It will help you to relax.



3

## Stay hydrated

Keep your water bottle with you and remember to drink. It will help you to feel good and think clearly.



4

## Say hello

Get to know your workmates. It will help you to connect and look out for each other.



5

## Appreciate yourself

Remind yourself that your care matters. Pause and think about how your work makes a difference to others.



**Visit the ELDAC Self-Care Room for more ideas for self-care  
and to share your ideas with others!**