Here are **10 tips** to help maintain and support the wellbeing of your colleagues and yourself.

1. **Check in with each other** — let someone know if you are struggling and look out for signs that colleagues might be in need of help.
2. **Senior staff** — stay visible and available, and demonstrate that it’s ok to not be ok.
3. **Rotate staff** between high and low stress activities.
4. **Pair up less experienced staff with more experienced colleagues**.
5. **Arrange small support groups** and safe spaces for staff to speak openly.
6. **Facilitate access to food and drink and encourage taking a break** — use the opportunity to get some rest, fresh air, or perhaps practise some breathing exercises.
7. **Encourage colleagues to connect with support networks** — e.g. friends and family.
8. **Call on tried and tested healthy coping strategies** — e.g. physical exercise.
9. **Be kind to yourself and your colleagues** — feeling stressed or anxious is ok and normal, particularly when under pressure.
10. **Ensure colleagues are aware of where they can access support** — our confidential Wellbeing support services are available 24/7 to all doctors and medical students.

Above all, don’t be afraid to recognise when you need help and to reach out for it.

**Wellbeing support services**

**COUNSELLING | PEER SUPPORT**

0330 123 1245

*There is always someone you can talk to...*

0330 123 1245 | bma.org.uk/yourwellbeing