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** – eg friends and family
8. **Call on tried and tested healthy coping strategies** – eg 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

BMA

There is always someone you can talk to...

0330 123 1245 | **bma.org.uk/yourwellbeing**