

After Your Shift

- Know who is your emergency contact person
- Get together with colleagues
- Find some way to connect
- Get some sleep
- Get some exercise – walk, swim, run . . .
- Fuel yourself – eat healthy
- Phone family and friends
- Do what is relaxing for you
- Talking helps
- Have a beer – not 10!

**If you've had a bad day – Remember
you've made a difference!**

Staffing Bureau Telephone: _____

Emergency Contact Telephone: _____

Hotel Telephone: _____

During Your Shift

**Who gets the oxygen first?
If you don't take care of yourself
you won't be able to help others.**

- Know when your shifts start and ends
- Know who's in charge
- Check in with yourself several times during your shift

How am I doing? What do I need?

- Take 5 minutes alone or with a colleague
- Get up, stretch and take a deep breath
- Drink water, water, water
- Take toilet breaks!!
- Fuel yourself – eat healthy
- Look out for each other
- Talk clearly and calmly
- Take time to listen
- Address issues when they arise
- Remember to smile
- Ask for help if you need it