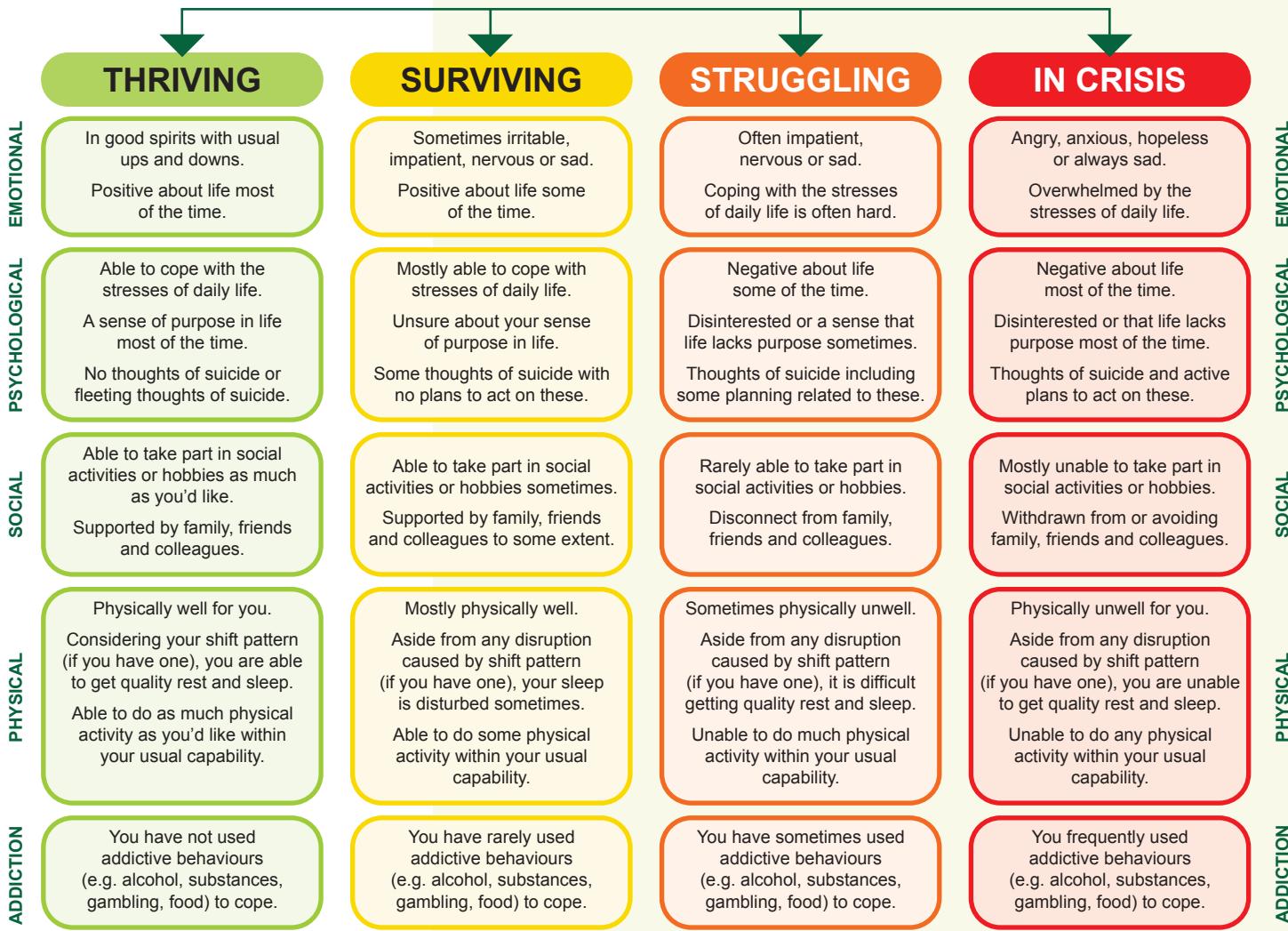




## How are you really doing?

Thinking about your wellbeing in the past week, do you feel...



We all experience times when we struggle or reach crisis. It is ok to not be ok.  
Your loved ones, employer and professionals can help.

### MAINTAIN YOUR WELLBEING

- Connect with others.
- Be physically active.
- Learn new skills.
- Give.
- Be present in the moment.

### PROMOTE YOUR WELLBEING

- Actively engage in coping techniques and self-care.
- Engage in peer support and clinical supervision.
- Reflective practice - what are your support needs?

### FOCUS ON YOUR WELLBEING

- Connect with your line manager, employee support services or GP.
- Talk about how you are feeling.
- Consider trying a new coping technique.

### PRIORITISE YOUR WELLBEING

- Prioritise asking for support from employee support services.
- The Ambulance Staff Charity, your GP, or in an emergency 999 (you're a person too, 999 is there for you).

Scan here for more information about wellbeing, actions you can take and where to get more support or visit <https://aace.org.uk/mentalhealthandwellbeing/>

