

# FIVE WAYS TO WELL-BEING

## Be prepared.

Plan your days in advance around what you need to achieve. Make lists of your daily goals ...but be prepared to add to them through the day!

## Be organised.

Keeping your work organised ensures you have your resources to hand when you need them. Use an academic calendar and plan your weeks ahead of time.

## Be well

Make sure you take time to keep on top of the essentials: eating, sleeping and resting well are essential to your mental health.

## Make adjustments

There are times when you'll need to adjust your workload ...set and communicate realistic goals in response to adjustments you have to make.

## Listen, understand and ask questions.

When you're training, you'll be keen to put what you learn into practise... ensure you gain a thorough understanding of a challenge or situation, by listening and asking questions, before getting stuck in!