








Health and Social Care

# Take5

steps to wellbeing

 <p><b>CONNECT</b> <b>YOU ARE NOT ALONE</b> None of us have been here before and we are all a little afraid <b>SEEK HELP</b></p>	 <p><b>BE ACTIVE</b> <b>LOOK AFTER YOURSELF PHYSICALLY</b> EAT WELL DRINK WATER MOVE YOUR BODY SLEEP</p>	 <p><b>TAKE NOTICE</b> <b>YOU ARE STRONGER THAN YOU THINK</b> STOP, BREATHE &amp; then THINK Pause, take a moment to be still Stop, breathe - this too will pass</p>	 <p><b>KEEP LEARNING</b> <b>EMBRACE THE CHALLENGE</b> We will all learn new things about ourselves, about each other, about how we work, about how we play, about how we live</p>	 <p><b>GIVE</b> <b>KINDNESS WILL HELP US THROUGH</b> Look after each other &amp; Look after yourself</p>
<p>← TAKE 5 AGAINST COVID #CompassionateCare #InItTogether →</p>				

To support the fight against COVID -19, our aim is to ensure that all staff and volunteers, irrespective of where they work, have access to the support they may need over the coming months and that everyone's contribution is valued and appreciated.  
We have a clear Take 5 message for staff.

With our usual social activities on hold for the moment, it's very important that we look after our mental and emotional wellbeing. Your organisation wants to help you with this.

As we begin this journey together we ask you to follow the public health guidance and stay safe, look out for each other and look after your mental health.

This is temporary - there are brighter days ahead!



Working together



Excellence



Openness & Honesty



Compassion

HSC Values