



NATIONAL DAY FOR STAFF NETWORKS

WELLBEING CLINIC FOR NETWORK LEADERS

#StayingStrong



Takeaway Tips

1. Put in *you* time, family + love ones times into your diary FIRST
2. The essentials: get plenty of sleep, eat mindfully and exercise regularly
3. Take regular breaks otherwise you will (and book in those holidays!)
4. Self compassion – start every day with a large bowl of gratitude
5. Spot the signs of when you're feeling stressed and act straight away
6. Support: build a strong network within and beyond work
7. Avoid arguments and gossip – these drain your energy
8. Tune in: spot when others need help, support and signposting
9. Work smart + kind: don't dive straight in – start with a quick check in
10. Get your network, team & organization talking (+ acting) on wellbeing
11. Busy mind? embrace silence, meditation, time in nature
12. Fun & laughter: keep perspective and enjoy hobbies and pass-times

+ Know when to reach out for emotional, health, professional or other help – find out what's available in your organization, industry and area

Other Resources



[ABC Guide for Network Leaders](#)



[12 Strategies To Avoid Burnout & Reduce Stress](#)



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