RCSLT NORTHERN I RELAND

SLT & emotional wellbeing

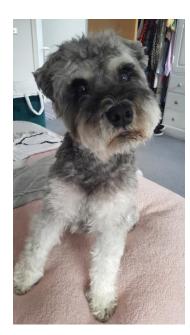
^{30th} Nov 2021

Ruth Sedgewick, Head of NI Office RCSLT





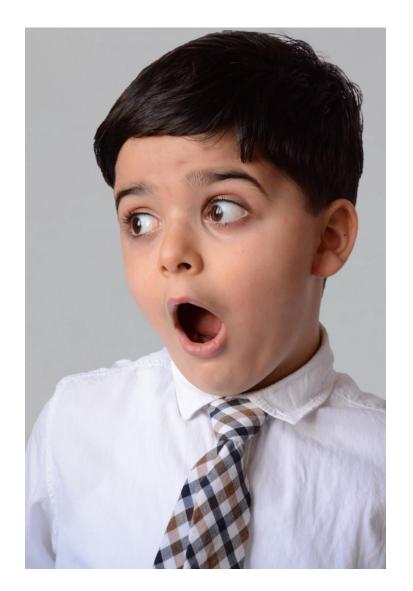














Emotional wellbeing & SLT





Emotional and mental wellbeing tips

In work –

- Set boundaries and stick to them
- **Regular supervision**
- Ask for peer supervision also
- Use your annual leave!
- Take your lunch break

At home -

• Try not to take work home

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- Make time for your hobbies •
- Try some mindfulness exercises or yoga OUT OF OFFICE
- Ask for help!



https://www.rcslt.org/learning/covid-19/healthwellbeing/#section-1



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