



RCSLT  
NORTHERN  
IRELAND

# 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
- Make time for your hobbies
- Try some mindfulness exercises or yoga
- Ask for help!





<https://www.rcslt.org/learning/covid-19/health-wellbeing/#section-1>

**Ruth Sedgewick**

**Head of NI Office RCSLT**

**email: [ruth.sedgewick@rcslt.org](mailto:ruth.sedgewick@rcslt.org)**

**Tel: 02890 446386**

**Mobile:**

