



WELLBEING TIPS FROM INCLUSION COORDINATORS



Make time for yourself

through activities you enjoy, such as reading, walking, gardening, meditation, or exercise.



Prioritise your physical wellbeing

by eating well, staying active, getting enough sleep, and keeping hydrated.



Support your mental wellbeing

by taking time to reflect, practicing mindfulness, and talking to people you trust.



Set healthy boundaries

by taking regular breaks, making time to rest, and maintaining a healthy work-life balance.



Stay connected

with family, friends, and colleagues who can offer encouragement and support.



Care for yourself

Looking after yourself helps you better support children, families, and colleagues.

*Created Collaboratively for the LINC+ CPD Programme
by LINC+ CPD Participants*