

TAKE BREAKS

Even 5-10 minutes away from your screen or phone can help reset your mind and prevent burnout. Try stepping outside or doing a brief mindfulness exercise.



GUARD YOUR TIME



Set boundaries around work, especially with emails and admin tasks. Allocate time blocks and try to avoid work creeping into personal time.

BE KIND TO YOU

You're doing your best in a high-pressure environment. Acknowledge your efforts, celebrate small wins, and give yourself the same compassion you give to patients.



WELLBEING TIPS

SUPPORTING YOUR MENTAL HEALTH AND WELLBEING AT WORK AND BEYOND

STAY ACTIVE



Even short walks or stretching between clinics can make a difference. Physical movement helps reduce stress and improve focus.

SELF CARE

Small acts—like having a proper lunch, listening to music on your drive home, or pausing for a deep breath—can restore balance during demanding days.

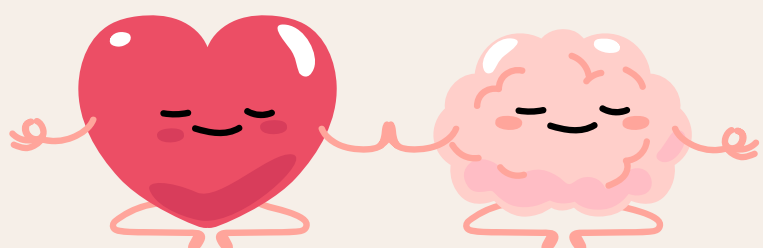


SPEAK UP



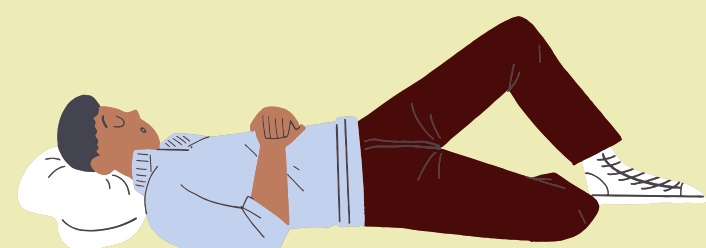
Whether it's a colleague, friend, or professional, sharing how you're feeling is powerful. [Visit the LMC Wellbeing Support page](#) for confidential support services and peer networks.

KNOW WHAT'S AVAILABLE



We've curated a wide range of free, local, and national wellbeing resources. [Explore the LMCs Wellbeing Page](#) for full details.

SLEEP MATTERS



Fatigue is common in primary care, but consistent sleep helps build resilience. Try limiting blue light before bed and create a wind-down routine.