

Rest

Rehydrate

Refuel



As part of this campaign we want to ensure staff are taking their at-work breaks, are well hydrated and have access to nutritional food.

There will be occasions where staff miss their breaks but when this becomes a regular occurrence, or seen as the norm, it is unsustainable. If staff are not enabled to self-care and have a poor working environment, they are more likely to become unwell, burn out or want to leave the job.

Always take the opportunity to rehydrate, refuel and get some activity or fresh air. This can support both performance and positive well being at work.

#SelfCare

What can you do to help yourself?

- **If you are able to, take your rest breaks. Don't feel guilty!**
- **Take a break for lunch away from desk**
- **Come onto a shift well hydrated and ensure that you keep hydrated during your shift**
- **Look out for the warning signs of dehydration and act**
- **If you are not able to access drinking water, speak to your managers**
- **Don't go to work hungry, as that may lead to unhealthy choices later in your shift/working day**
- **If you know access to food may be difficult, bring in some additional snacks such as almonds, bananas or similar non-refrigerated foods**
- **During night shifts avoid heavy, fatty and spicy meals and stick to snacks or easily digestible foods**

