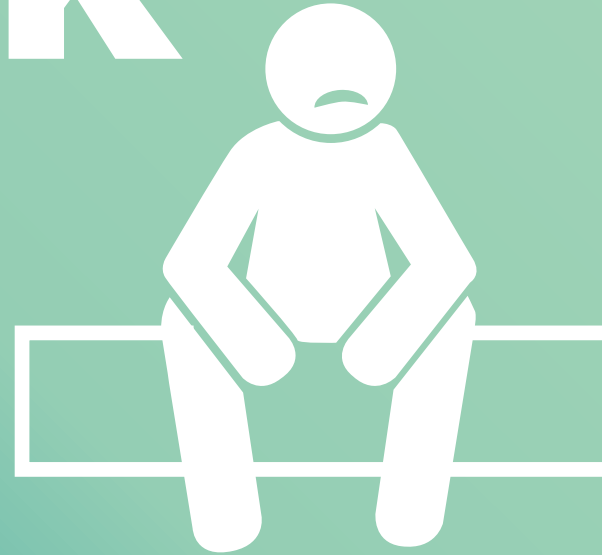


AM I OK?



1

Do you regularly feel
DISCONNECTED
from the relationship of
caring for the patient,
family, and colleagues?



2

Do you regularly feel
EMOTIONAL EXHAUSTION
- like you have nothing left to give?

3

Do you regularly feel
**A LACK OF FEELING
OF ACCOMPLISHMENT**
or feeling **INEFFECTIVE**
in what you do?



If you answered **YES** to all three, consider talking to your line manager or someone you trust about the impact of your work.

You may want a referral to your local employee wellbeing service.



proud to be the voice of critical care since 1970