

# Strategies to support your wellbeing



- Check in with your body for signs of stress.
- Set and maintain clear professional boundaries.
- Understand what is in your control.
- Prioritise eating well, getting enough sleep and physical activity.
- Make time for self-care and activities you enjoy.
- Connect with friends, family, spirituality and nature.
- Seek support when needed.

[beyou.edu.au](https://beyou.edu.au)