**Anxiety**

**At work/colleagues**

**Have you observed a difference in behaviour in someone you work with?**

Yes? Then initiate a conversation if you’re comfortable doing so face to face, ensure there’s privacy –

During the conversation:

Tell them what you have observed; Ask open ended questions to encourage them to open up to you

Listen actively; Ask them what they are thinking of doing; Recap conversation to demonstrate you’ve listened

Reassure them that they can come to you if they want to talk further

Follow up with them in a couple of days to see if they have reached out to someone

If they don’t want to talk then offer to meet them at a different time or suggest someone they might be comfortable speaking with within the organisation

**What about you?**

*Are you cranky, extra tired, on edge, eating more/less than usual, don’t feel yourself?*

It is vital that you self-check your behaviour, your mood and your overall wellbeing

Seek support (you are definitely not alone)

Eat healthy (not always easy but doable)

Exercise (even a mini walk helps)

Mindfulness breathing (2 minutes makes a difference)

Talk (to your family, friends, work colleagues; even a quick call to someone you miss can be uplifting)

**For you and your doctors**

**Board of Directors – create your own**

Business model of mentoring

One person can not meet all your professional needs at all times

Your safety net

*Breathe your way to better*

**Alternate Nostril Breathing**

**Lowers stress and improves cardiovascular function**

**Improves lung function and respiratory endurance**

**Lowers heart rate**

**Promotes well-being**

Sit in a comfortable position with your legs crossed.

Place your left hand on your left knee.

Lift your right hand up toward your nose.

Exhale completely and then use your right thumb to close your right nostril.

Inhale through your left nostril and then close the left nostril with your fingers.

Open the right nostril and exhale through this side.

Inhale through the right nostril and then close this nostril.

Open the left nostril and exhale through the left side.

This is one cycle.

Continue for up to 5 minutes.