



CALL PEER SUPPORT

Feelings of fear, anxiety and frustration are to be expected at this time of crisis. It's ok to feel this way. We all can. Please make sure to care for yourself, as well as others (colleagues and family). Peer Support is staff-led support. We're here to help. Call anytime.

PEER SUPPORT: 07385025143 or 07385025144

Email: staff.peersupport@nias.hscni.net

NIAS staff can also access a new Wellbeing Hub on any device. It has resources and assistance about self-care and stress management. Follow these steps.

- 1: Go to - **www.inspiresupporthub.org**
- 2: Sign up with first time Pin: **NIAS2019**
- 3: Make a copy of your new user name
- 4: Create your personal password

INSPIRE HELPLINE 24/7 – 0808 800 0002



Working together



Excellence



Openness & Honesty



Compassion



RELIEVING STRESS

5 steps to help combat feelings of stress - **focus on:**

5 things you can see

4 things you can feel

3 things you can hear

2 things you can smell

1 thing you are proud of

Focus on breathing. Slow it down. Breathe in (4 secs).
Hold (4 secs). Breathe out (4 secs). Hold (4 secs).

Concentrate on one good memory from a happy time.
Maybe carry a small memento that reminds you.

Take5
steps to wellbeing



Connect



Be active



Take notice



Keep learning



Give

- **Connect** often with people or nature
- **Be active** everyday - exercise once outdoors
- **Take notice** of the positive things in life
- **Keep learning** new things to grow yourself
- **Give** gratitude & kindness to yourself and others