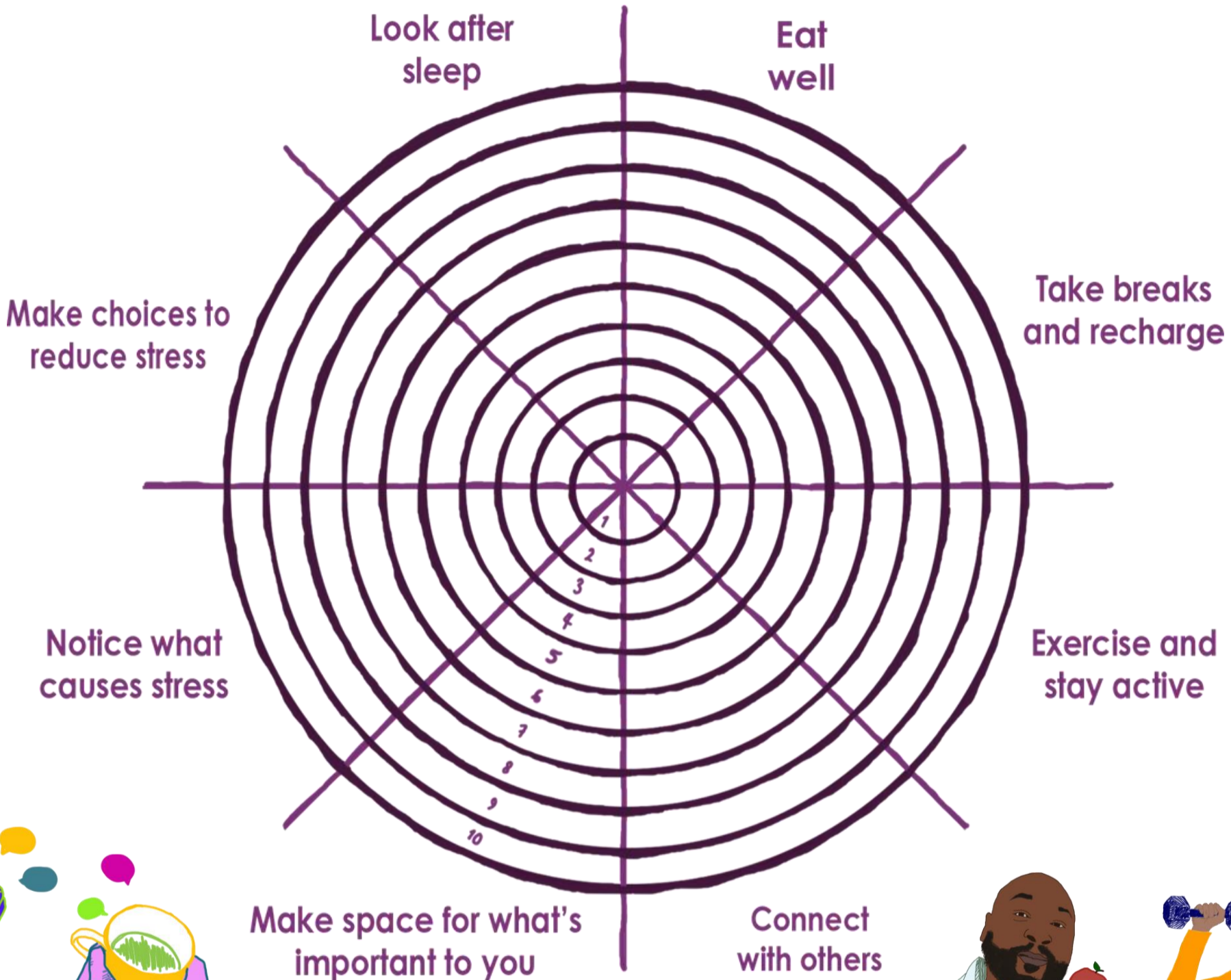


# Keeping Well for Staff in South East London

It has been a really difficult year. As social care staff, it is very important that we look after our own mental health and wellbeing.

Rate yourself on the eight wellbeing areas.

1 = not doing this  
10 = doing this



Don't worry if you score low on some areas.

Focus on 1 area that is in the Red or Amber zone.

**RED ZONE**

1 2 3

Focus on this area first.

**AMBER ZONE**

4 5 6 7

Make small changes

**GREEN ZONE**

8 9 10

You're doing great!

Scan the QR codes to help you increase your wellbeing score!

