

# Kindness starts with self care

Practice 5 minutes of mindfulness in your break.

#kindnessworkshere

**hush**  
foundation

# Kindness starts with self care

Take some time to go outside and breathe.

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# K-ISBAR: Add kindness at handover

Use handover to consciously express kindness to your colleague.

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**hush**  
foundation

# Kindness improves safety

Kind workplaces encourage staff to speak up without fear, improving safety.

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**hush**  
foundation

# Sleep. Eat. Move.

Kindness starts with self care.

#kindnessworkshere

**hush**  
foundation

# Kindness = strength

Choosing kindness can be tough and  
it shows strength.

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# Kindness = strength

Choosing kindness can be tough and it shows strength.

**hush**  
foundation