Kindness starts with self care

Practice 5 minutes of mindfulness in your break.

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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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Source: MJA 209 (11) 10 December 2018. Authors David J Brewster and Bruce P Waxman

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Kindness improves safety

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

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Sleep. Eat. Move.

Kindness starts with self care.

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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.

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