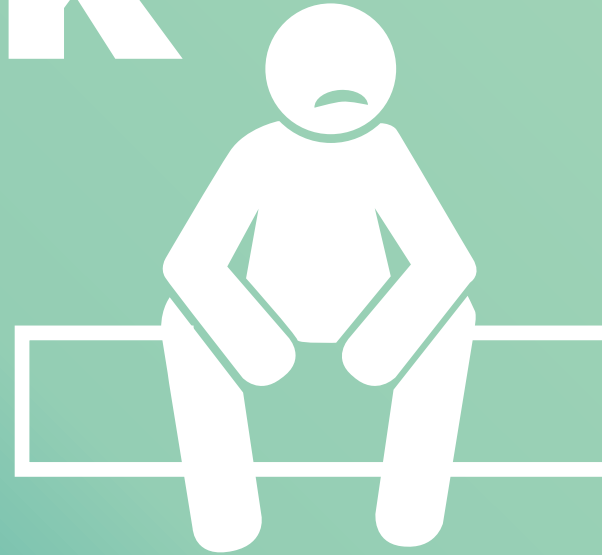


# AM I OK?



1

Do you regularly feel  
**DISCONNECTED**  
from the relationship of  
caring for the patient,  
family, and colleagues?



2

Do you regularly feel  
**EMOTIONAL EXHAUSTION**  
- like you have nothing left to give?

3

Do you regularly feel  
**A LACK OF FEELING  
OF ACCOMPLISHMENT**  
or feeling **INEFFECTIVE**  
in what you do?



If you answered **YES** to all three, consider talking to your line manager or someone you trust about the impact of your work.

You may want a referral to your local employee wellbeing service.



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