

NMBA Standards Codes Guidelines Employer Reflective Practice

Mind

Thoughts Breath Communication Knowledge Mindfulness Compassion

Health Promotion Strategies Personal & Professional Responsibility Body Nutrition Movement Sleep Stretching Hydration Yoga

**Practice Well-Being** 

**Conscious** Thought

Mind

Body

Soul

## Overwhelmed? Seek Connection!

Family loved ones and colleagues

Nurse & Midwife Support nmsupport.org.au 1800 667 877

Soul Values Beliefs Faith Nature Doing what you love Connection Family

You're Worth It
www.themindfulnurseaustralia.com.au
Local & National Associations / Unions
nmsupport.org.au

WHY

Life Line 131 114 Beyond Blue 1300 224 636

> EAP Hospital ED GP Psychologist Psychiatrists Counsellors



## KINDNESS · CARING · COMPASSION



## Crisis Avoidance Version 1.1 December 2019

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