

# How are you feeling today?

**Healthcare workers are not immune to the impacts of workplace stress, and right now more than ever there is pressure on us to perform.**

**If you are experiencing any of the following, it could be a sign you need to take some time to care for yourself:**

- Feelings of disconnect from work, your family or home life
- Tiredness and lack of motivation
- Helplessness, the unpredictable nature of pandemics or accidents can leave us feeling helpless and vulnerable
- Fear or worry you won't be able to stay in control
- Withdrawn

**Call our confidential line [9am-7pm Mon-Fri 0800 820 080](tel:0800820080) or email us anytime [hcnz.wellbeing@healthcarenz.co.nz](mailto:hcnz.wellbeing@healthcarenz.co.nz) and make an appointment to talk to us at a time that suits. There's no obligation or cost to you.**