

it's ok to...

- ask what acronyms mean**
- ask 'Why?'**
- offer feedback on other people's work**
- share work in progress**
- ask for help**
- slow down to think**
- ask management to fix it**
- not be the most opinionated in the room**
- say 'No' when you're busy**
- say 'I don't know'**
- forget to come off mute**
- make a decision**
- ask for more time to make a decision**
- say that you were wrong**
- celebrate successes**
- walk and talk**
- not think about work on holiday**
- have a child, cat or dog interrupt a call**
- take some time to understand**
- speak up for yourself**
- take breaks**
- not answer messages during meetings**
- not check work messages out of hours**
- ask what the purpose of a meeting is**
- decline meeting invites**
- turn the camera off**
- focus on key goals and let other things drop**
- not have all the answers**
- speak last**
- take time out for training**
- take time out for reflecting**
- be open about how you're feeling**
- not be ok**
- be proud of working for the NHS**
- admit the challenges**