

Work for the long term, not the short term
by creating everyday work practices that foster
balance and sustainability.



Long term goals



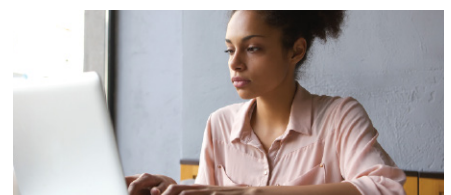
Accept the long-term nature of social change

Surround yourself with other people committed
to the same goals who can support your ability
to do your work effectively



Put in place workplace mechanisms to regularly
debrief and reflect on your practice
(and don't forget to use them)

Be kind to yourself and practice productive
reflective practice



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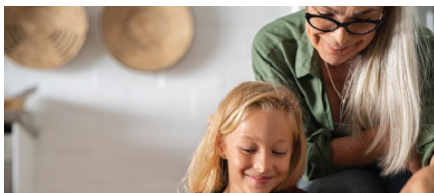
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Know your signs of stress and when
you need additional support



Try not to take work home

Allow yourself to switch on



Nurture yourself by regularly doing things you enjoy

Let your personal life feed your fire

