



Changi
General Hospital
SingHealth

PRIORITISING SELF-CARE



#SGUNITED #COPINGWITHCOVID19

Organisational resilience **STARTS** with the **INDIVIDUAL**. As we adapt to the new norm and sail into an unfamiliar future, it is essential that we take care of ourselves. By taking care of our body, mind and spirit, we can activate our **BEST SELVES**, allowing us to move towards our goals and the organisation's. **It's OK to put SELF first before we give to others.**



This **video** provides **information and activities** to get us started on flexing our resilience muscle for **better mental well-being**.

Scan the QR code or click on the image to watch the video (requires Internet access).



SCAN ME



Stay tuned for more #CopingwithCOVID19 resources!

Click here / Scan the QR code
to access the full #CopingwithCOVID19 resources



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