

A difficult day – what can I do?

Stay connected

It is really important to stay connected at this time. Pressures of workload, difficult feelings, fatigue and being very busy can cause us to become disconnected from others and from ourselves. Staying connected can enable us to reduce the feelings of isolation, of being ground down and can help us to keep in touch with the value and meaning of our work.

Check in with yourself – and ask for help when you need it

Under pressure we can lose touch with how we are. This might be because we are too busy and distracted from noticing the state we are in, or it might be because being in touch with how we are is difficult, or upsetting. We know that our emotional state can influence our behaviour and relationships, if we can notice how we are we are better able to look after ourselves and not act on these feelings.

Connect with others

Talking to others about how they are and how we are, is quite different to thinking alone. Talking with colleagues often reduces the sense of isolation, for example recognising that we are not the only one who feels like that, putting us back in touch with our relationships and the support within them.

Take 10

'Take 10' is a way of briefly checking in with yourself, it isn't in depth and the idea is to keep it simple. In the time it takes to count slowly to 10, just notice how you are; notice your physical state (heart beat, muscle tension, physical sensations). Notice how you feel (relaxed, anxious, excited, angry etc.). Notice your thoughts (what is your mind busy with?). Having noticed the state that you are in, what do you need to do to look after yourself? Eat? Pause? Talk to someone? Have a break?

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Contact us

Tavistock Centre
120 Belsize Lane
London NW3 5BA
Telephone: +44 (0)20 8938 2304
Email: cpdevents@tavi-port.ac.uk