

BMA free Counselling Service (Stress line) for Doctors and their families 08459 200169 (7 days/24 hrs)

Support 4 Doctors - The Royal Medical Benevolent Fund Tel 020 8545 9194 or www.support4doctors.org

GP's Wellness Tools

THE CINEMA
THE INCREDIBLES

DAVID

LEARN FROM YESTERDAY
 LIVE FOR TODAY
 LISTEN TO TOMORROW

Quality time with
 my cat

Julia

JOB SHARE!

Take Control - Play

computer games between patients Simon

Russell
 Do not take things too seriously
 Or - 'Any problems, passing water?'
 Pt - Came over all dizzy going over Waterloo bridge the other day!

GET ON YOUR BIKE!

CHARLES

ESCAPE BETWEEN PATIENTS!

STEPHEN

Have fun!

TONY

NO WORRIES!

Pub

Be in the moment

John

Warmth, slow, quiet
 Escapism

Steve

CHEERS MATE

NICK

Don't Panic

Don't PANIC Don't Panic Don't PANIC Don't PANIC

Don't EVER give UP

Don't Panic

Playing Rummikub with the family

JULIE

HOLIDAYS!

DANIEL

SPENDING TIME WITH MY FAMILY AT THE END OF EVERY DAY & LAUGHING WITH THEM

PHIL TAYLOR

OUT AND ABOUT WITH FAMILY

CHRIS THOMAS

SEA WALKS

PETE

Planning our next expedition

115,000

NICK

It'll be done d'reckly

RICH

HAVE A BLAT!

REBECCA

Another Half?

WILL IT FIT?

PETE

DOG WALKING, CAT STROKING

BARBARA

Try Yoga...

CLAIRE

A GOOD BOOK ON THE SOFA

GILL

father never happier

GUY

Work

Reduce the workload!

WORK

SUSANNA

TALK

ASUCAC

Keekah!

TOM

Don't worry... it'll dry by itself!

RICHARD

Probably the best life-saving T-Towel in the world