

NHS PEOPLE: Practical ideas

NHS People offers practical advice and materials in the form of guides, articles and links; like how to get a good nights sleep, financial advice, guide to resilience and how we can support others and ourselves. Visit <https://people.nhs.uk/> for further information or use the QR Code using your camera/APP on your phone.



[Managing your energy in the workplace](#)



[Emotional labour](#)



A wide range of well-being APPs are available to support your mental health and well-being. Some of these include Daylight which offers meditation techniques, Headspace is around mindfulness, Sleepio for support around sleeping well. These and others can be found on the www.people.nhs.uk internet page.

