

# REST BREAKS

## Plan your shift

Set your break times at the start of your shift, this allows you to plan your workload around your breaks.

## Team work

Support and encourage each other to take your breaks.

Check in with each other and make sure everyone has an opportunity for a break.

## Break mindset

Breaks should be seen as an essential job on your to do list.

Breaks are beneficial to yourself and your patients.

