



Your wellbeing is important to us

We know that these are challenging times for everyone. As dental professionals some of you may have been deployed to support NHS frontline staff, adapting to a new role. We are aware that others may be unable to practise today and that some might be adapting to new ways of reaching out to patients.

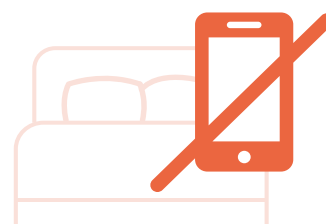
Although we know a lot of this is known advice, we wanted to provide a gentle reminder of the importance of taking some time out to strengthen your physical and mental wellbeing.



Move your body to help rest your mind



Deep breaths can help with stress and tension



Avoid social media or smart phones/devices before bed



Have regular drinks – to stay hydrated



Share your concerns with friends and colleagues



Try to maintain healthy, regular meals where you can



Share a virtual meal or coffee with friends or colleagues

We are here to support you in any way we can – talk to us online by visiting www.gskhealthpartner.com or email consumer.relations@gsk.com.



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